

**Complete Guide**  
**to**  
**Effective Barbell Training**

**By Bradley J. Steiner**









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**DEDICATION**

This book is dedicated to Lin-Li,  
With All Of My Love

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## Preface

This book is the result of more than a decade of serious involvement with, study of, and personal participation in the subject dealt with.

My purpose in writing this text is as follows:

1. To guide every serious student of physical culture as rapidly as possible to the goal he seeks in obtaining superb health, great power, large, shapely muscles and a dynamic, positive mental attitude toward his life and his training - this, even if the reader begins with no experience at all with bodybuilding or physical training.

2. To **present the truth** unclouded by commercial interests about just what is required to employ weights effectively for maximum muscular development.

3. To explain, simply, so that the knowledge imparted can be utilized **now** by YOU, the reader, what related things are necessary to complement and supplement the bodybuilder's training so that optimum gains are made in the absolute minimum amount of time.

4. To carefully outline basic, complete courses of training so that every reader can immediately begin to put into practice — and see the results of — the theory and information in the rest of the book.

5. To give every person who has purchased this text a permanent companion and guide so that, even if he never has access to a live teacher of progressive resistance exercise, he can always turn to the pages of this book for honest, accurate and complete help in overcoming problems or set-backs encountered during the course of his bodybuilding career.

The reader will find, throughout this book, that extremely hard work, persistent efforts and the better exercises are continually urged as the **BEST** (and, indeed, the **only**) real way to “get ahead” physically. Those readers who have a good deal of personal experience in bodybuilding will know instantly the truth of these teachings, but beginners may become discouraged at not finding a “secret” or “easy way” offered to them in this Guide. For the beginner, I say this:

No easy way exists. The books that offer them are written by phonies. The courses you may have seen purporting to develop overnight

“supermen” are not worth the paper they’re printed on. The commercial health studios that guarantee “30-day transformations” are merely cashing in on your (and on others’) high hopes. Hard work on the right methods is the Only Way.

I want to show you, in the clearest way possible, how to build your body and how to develop the strength, physique and health you have always wanted. The **knowledge** is here in these pages. If you will supply the **effort**, nothing will stop you from attaining your goal.

Now let’s get on with it!

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# **A Complete Guide to Effective Barbell Training**

## **Introduction**

Physical culture, weight-training and bodybuilding is, for me, a way of life. I love it, and I am more than willing to say that I am certain that any young (or not-so-young) man who follows a sensible course of physical training with weights is sure to come to love it, too. Why? What is it really that can make a reasonably intelligent man fall in love with several hundred pounds of iron and steel — with flat benches, incline benches, abdominal boards, squat racks and a gruelling, tiring and sweaty grind of enforced hard labor that makes a chain gang look like rest? In different ways this book is an answer to this question.

We live in a strange age. Machines are being programmed to do everything but make love, people no longer come face to face with themselves in a manner that demands that they “prove” themselves. We are living luxuriously, but we are also living without that hardness, that rugged physical confidence and well-being that our forebears knew. And it shows in the people of America today. Most are flabby, soft and weak. Most lack confidence and courage; and most men just don’t feel very manly. Weight-training, whatever the hecklers try to say against it, provides the way for a young man to build himself up via his own, hard toil, and to face himself in a self-chosen quest for constant improvement. We can’t pass the buck in weight-training, “sweet-talk” a barbell in lifting off the floor, or get around the fact that if we don’t give our all, we’ll fail, and there won’t be anybody to blame but ourselves. Weight-training builds men!

Perhaps some people may feel that, whatever the merits of barbell training, it is, at best, a means of developing “only the body”; and such persons argue that preoccupation with building one’s body can lead to neglect of the mind. And, if our critics are somewhat “sophisticated,” they may add: anybody who devotes all of his energies to muscle-building must be truly neurotic.

My answer is as follows:

First, while bodybuilding is, admittedly, aimed at a maximum **physical**

development of the individual, the body and mind are inseparably united. That is, you cannot SIGNIFICANTLY affect one without affecting the other, as well. And the tendency, as most any medical doctor worth his salt will point out, is that the effect on either body or mind from an activity aimed at building the other is a SIMILAR effect, i.e., it is **positive** or **negative** with regard to both body and mind.

He who thoroughly develops, nurtures and builds his body, thus actualizing his physical potential, will automatically and inevitably increase his mental-emotional-intellectual efficiency, as well. The mind functions best when the body is well, strong and fit. When we feel good we can think more clearly. Incidentally, I can point out here that some very prominent intellectuals and artistic and creative people rank among the top bodybuilders and Olympic weight-lifters in the world. (Weight-lifting is the sport aspect — the competitive, “how-much-can-you-lift” phase of the Iron Game).

One of the foremost Russian Olympic Weight-Lifting Champions, Arkady Vorobyev, is a prominent surgeon and medical doctor. A fine writer of poetry, fiction and non-fiction pieces on aviation-engineering science is Yuri Vlasov — a superb lifter. This gentleman is, in addition to being a writer, an ardent student of philosophy.

So brains go with — and thrive on — barbell-built brawn.

Second, those who speak of bodybuilders as persons who devote “all of their energies” or time to working out, and who have “no other interests” are talking through their hats, to be perfectly blunt.

As you will learn in the course of studying this book, no only is it **unnecessary** to spend a great deal of time in training with weights, but it is **POSITIVELY DETRIMENTAL** to body development for anybody to overdo his time spent in training, or to overextend the amount of work he does. Those who live on Muscle Beach or who spend three, four and five hours in training each day most assuredly do exist; but these, admittedly, are strange people. In **NO WAY** can they be taken to represent healthy examples of either the **goals** or the **ends** of sensible, vigorous bodybuilding. Look instead to the better examples of sane physical culture who exist in droves. Men such as Jack LaLanne who runs gyms, writes books, has TV shows, is a happy and devoted family man, and who built himself up from a sickly, broken-down runt to one of the most magnificent specimens of health, vitality, muscular development and all-round manhood on earth! John C. Grimek, Bill Pearl, Sergio Oliva, Reg Park and so on. They’re there, too. And there are many more. There are hundreds of top men in the weight game who, blessed with the potential to become the top physiques on earth, took advantage not only of their



physical endowments (via heavy training) but strove also to build for themselves happy, productive, fruitful and satisfying professional and family lives.

And there are thousands more who, although lacking the physical structure to become World Physique Champions have nevertheless adapted barbell-dumbbell workouts to their lives and have outstanding strength and superior muscular development to show for their efforts. Perhaps you know of such a person yourself. Perhaps it was such a person who inspired you to want to build up your own body.

Whatever your personal reasons for buying and reading this book — for wanting to know the Right Way to build up your body — you will not be let down in your quest. If, at times, I sound somewhat fanatical or particularly adamant on one point or another, bear with me. It comes from enthusiasm, not arrogance, and from a sincere desire to set you on the proper course and to keep you there. I know that, particularly with the endless stream of senseless garbage flooding the “physical culture market” today it is easy to be misled, side-tracked and confused. If you follow the instructions in this book carefully, you will not only learn the essentials of building your body and maintaining superb good health, but you will as you progress in your actual training, become educated to the point where you will know what you’re doing, why, and how to keep what you do in your training always geared to a sensible, well-rounded lifestyle and a steady scheme of self-progression.

The course of fully developing your body is, I readily concede, not at all “easy.” But stay with it, whoever you are. Stay with it through good times and bad; and don’t ever forget that, however impossible it may seem to you to improve your physical state, you CAN DO IT. I have seen too many successes come about in apparently “hopeless” cases — I have seen and experienced too many excellent results in my own case — I have known of too many “failures” who faced failure during the most tortuous moments of their struggle, yet pressed on and WON, to ever accept any notion of “can’t.” You CAN!

The great Winston Churchill once addressed a large group of school children. It was during England’s darkest hour, when thoughts of the terrible war against the Nazis occupied everyone’s — and most particularly Churchill’s — thinking. Suddenly Churchill smashed his walking stick down upon the desk before him. “Never, never, never, **never** give up!” he shouted.

That is the one thought I wish to leave with you before beginning this book with me. If **you** will refuse to give up, then you will succeed.

And that’s a promise.

Bradley J. Steiner  
New York City - 1974



## Definitions

### *Some Necessary Definitions And Bodybuilding Terminology*

Bodybuilding, like almost every other form of sport, physical art or activity, has its own terminology. The following words will be used in this book, and so, to insure that the instructions throughout this text are 100 per cent clear, this list of definitions is provided.

Advanced trainees will most probably be familiar with these terms, already. However, beginners should see to it that they learn these terms well, so they get the most from the instruction offered. In building your body, every detail is important!

1. Repetition — The performance of any given exercise for one, uninterrupted movement, from start to finish. Usually, we speak of, say, “10 repetitions in a set,” meaning that an exercise will be performed 10 times, before a rest is taken and either another exercise is done, or a second “set” is started.
2. Set — This refers to a number of repetitions executed before a rest is taken. Beginners ought **never** to use more than one set. Although highly advanced trainees sometimes use as many as six or eight sets, it is the author’s judgment that three sets are enough in ninety nine cases out of a hundred.
3. Layoff — A period of time when no training is done. Usually, it is wise to take a one-week layoff after every two to three months hard training.
4. “Psyched Up” — Describes the mental-emotional state of a bodybuilder or lifter who has fully aroused and “charged” himself mentally for enormous exertion and hard training. The **opposite** of being psyched up is being lethargic.
5. Pumped up — The state of great congestion reached in any muscle that has been exercised to the point where an extremely heavy blood flow has been sent by the heart to the muscle being worked.
6. Definition — Describes the muscles’ appearance when the actual striations “stand out” under the skin and appear to be sharply outlined — especially under posing lights. Generally, one’s “definition” depends upon inherited skin type, but some men — by excessive training and diet — have “burned off” excess fat to the point where their definition is quite startling. This is **not**, however, a desirable way to train or good for the health.

## Chapter 1

### *How It Works*

To be truly educated in physical training it is important to understand not only what you must do to build your body, but **how** and **why** it ought to be done that way. Understanding the principles that make progressive resistance exercise effective leads, inevitably, to faster, better progress. It permits the trainee to acquire a better “feel” for his own training, and for his crucial role as “self-trainer.”

I grant that most of those who have reached the top in the Iron Game actually possess surprisingly little knowledge of **how** their training programs built them; but as a result of this, they reached the top after what was, in most cases, a longer period of time than would have been necessary if they had known thoroughly just what exactly their exercises were doing.

Trial and error is fine in bodybuilding, if you don't mind spending some extra months and years making mistakes. But those who want to avoid the mistakes caused by ignorance of basic principles, should make sure that they understand well the material expounded in this Chapter.

#### How Barbell-Dumbbell Exercise Actually Works

Many persons, especially beginners, who thumb through the pages of a bodybuilding magazine become actually awed by what they see. The most muscular and well developed men on earth appear in these publications and their appearance, alongside average men, is enough to make the viewer's eyes pop out of his head! These physical specimens just don't seem real. It seems almost as though these magazines are about a different species of men — a species that is wholly foreign to the average, except for some minor, surface similarities. Yet, believe it or not, many, many of those incredible lifters and great specimens of muscular development started out with pretty near average or ordinary bodies. Some were born with greater than average potential, it is true; but the greatest “potential” in the world won't, by itself, produce a Mr.

America body. Only persistent and correct training can do that. Bodybuilding is NOT magic.

Picture, if you will, a clothesline. Now, picture a very heavy, rugged construction-worker's rope — the kind used to hoist painters' platforms alongside buildings. Two entirely different ropes it seems, doesn't it? However, these two ropes are actually quite similar, and they serve well to illustrate the difference between an ordinary man's muscles and an advanced bodybuilder's. If you grasp fully the principle here it will explain away a lot of confusion regarding **how** muscles develop.

The difference between the clothesline and the heavy rope is, naturally, obvious at first sight. The heavy rope is thicker, heavier, and much, much stronger. The clothesline will support clothing; the heavy rope will lift hundreds of pounds. But the similarity that is not obvious at first sight, is the fact that both of these ropes are **constructed the same way**. They are built by fibers bound together and wound tightly, and — if you were to undertake to unravel a clothesline and construction rope side by side — you would find that each one had an almost **IDENTICAL NUMBER** of fibers. The greater strength, size and weight of the heavier rope, then, is the result of its being built by heavier, thicker and more powerful **FIBERS**. Not **more** fibers, but **thicker** fibers. In this same way, the difference between your upper arm muscle and Mr. America's is NOT that he happens to have been born with a greater "chunk of tissue" in his upper arm, but that the individual fibers making up his upper arm are much thicker and stronger than yours. The same comparison can be made to every muscle in his and your body. You both have the same "amount" of muscle. The difference between the rope example and your muscles, is that, once "made," a rope can't be built up. Your muscles can be. Ropes are not constructed of living tissue, but muscles **ARE**. As a result, it is possible to stimulate their growth (quite rapidly, too) and build up their size and power tremendously, if severe, intelligently-planned exercise is employed.

Muscles are made up of a large number of fibers bound together. Effective barbell-dumbbell exercise builds these fibers, and by thickening and strengthening them, produces larger, shapelier, healthier muscles.

Now certain limitations do, of course, exist. There are real limits to the development possible to any given individual's physique — and these limits are largely, let us be honest, pre-determined by heredity. Not every person can have "eighteen-inch arms" or develop "World Record-Breaking Weight-Lifting Power." It is for this reason that a bodybuilder must not aim to "duplicate" another's physique or body structure. It is very well to **admire** the great physical specimens you observe in the

bodybuilding magazines. But don't let this destroy your appraisal of where **you** as a different individual, can ultimately go in the Iron Game.

Perhaps you have the potential of becoming another Mr. America. That's a wonderful thing if it's true, and this Guide will show you exactly how to mold that potential into an existing fact — if you'll put forth the needed effort. But strive always, no matter who you are, to improve and develop relative to **yourself**. If your upper arm measures eleven inches when you start training, and goes to fifteen inches during the first year of work, be satisfied for the time being! Remember that self-improvement rather than comparison to others, is the primary goal of bodybuilding. What the ultimate size of your body's muscles can be, there is no way of telling. There are individuals who, by persistent hard work, have actualized what might be termed "poor" or "below average" potential, and have physiques infinitely superior to those whose potential may be "great," but who have not worked hard enough to fully develop it. The poorest potential in the world ought not to discourage anybody. By intelligent hard work, any physique can be improved greatly and highly developed. Even for a person starting with almost no potential for a "magazine cover" build, big muscles, power and great health are **INEVITABLE** and very achievable if unceasing training, along the lines discussed in this book is followed.

I have said that the muscle fibers which make up the various muscle structures and groups of the body are what "counts" as far as bodybuilding is concerned. These fibers must be thickened and strengthened via very heavy, severe (but never excessively extended) workouts. **BREAKING DOWN** the muscle fibers effectively is one of the most important prerequisites to **BUILDING UP** the physique.

### The Basic Principles of Barbell- Dumbbell Training

There is no form of growth stimulation or physical training that will increase the **NUMBER** of muscle fibers comprising any given muscle group. This must be clearly and fully understood. Effective bodybuilding training results in building on what you've already got. You do, theoretically, have the exact same muscles as Mr. America. But his are bigger and stronger. If one needed to acquire "more muscles" — in the literal sense of the term — in order to build his body, then bodybuilding as it has been effectively practiced for hundreds of years would not be possible. But, in fact, because we've all got the same muscles, albeit with varying potential for ultimate development, every single person who will train correctly and persistently, will find it virtually impossible to fail in building his body. This is not a wild promise or a grandiose statement; it



is simply an obvious conclusion drawn from provable and observable **facts** about the human body and its structure.

Not everybody, I must again stress, can build a “magazine-cover” body, but everybody (yes, **EVERYBODY**) can build up tremendously, if he will work hard on the right methods. This means **YOU!**

The Right Method of training is the application of severe exercise movement — movement working against resistance — that breaks down the muscle fibers under the burden of work that it imposes, and it coaxes Mother Nature to give us just a little bit of overcompensation when she rebuilds the exercised muscle. This, Mother Nature does automatically. Thus, if you train with 100 pounds, for the first time on Monday, and do ten squats, your body’s recuperative powers, **PROVIDING YOU ALLOW YOURSELF SUFFICIENT REST BETWEEN WORKOUTS**, will provide your body with **MORE** than enough added power and size to do **more** than your 100 pound maximum, after a couple of workouts. This is why we call this form of training “progressive resistance” work. We keep adding and progressively building upon what we previously did, while permitting our body’s natural recuperative powers to keep our muscles’ rate of growth in line with the increasing severity of our workouts.

Later on in this book we will discuss methods of training that are not based primarily upon fiber-buildup for results. However, I wish to point out now, for the record, that the **BEST** type of exercise is the type based upon the fiber-breakdown principle. The world’s greatest physiques always were, are now, and always will be, the physiques of men who trained **predominantly** — if not exclusively — on the type of workout principles advocated in this Guide.

What is advocated, of course, is the sane, healthful method of employing progressively heavier and more severe workouts to build up thick, powerful muscle fibers. This is the form of training that builds lasting muscles; it produces muscles that have the raw power to back up every bit of their impressive appearance.

Because it is always necessary to train very hard, it follows that it is necessary to carefully **PLAN** your routines so that the hard work doesn’t get out of hand and become **overwork**. Bear in mind, please, that you must **ALWAYS** strive to increase the resistance (i.e. the weight) that you use. The body will strengthen very, very rapidly with proper exercise. Yet that strength will stagnate any time it is not **CHALLENGED** and it will eventually **DECREASE**, if harder demands are not made upon it. There must be a perpetual striving to handle more and more weight.

The very best way to start out in training — if you are a complete novice — is to do about six repetitions of each exercise in a good, all-round



course, like the one outlined in Chapter Eight of this Guide. Do six repetitions for each exercise, **ONLY ONCE**, for two workouts. Train three days a week on alternate days or work out every other day. Do seven repetitions for the next two workouts, and keep increasing the repetitions without yet adding weight or doing any exercise more than once (one “set”). Keep this up until you reach about 12 to 15 repetitions with the weight you started with. Now, go right back to six repetitions again, and **ADD** about two and a half or five pounds to the bar.

The foregoing is the single best method for the raw beginner. It will provide a good foundation upon which a great body can be built.

For the benefit of any reader who has had no previous exercise experience, **PLEASE REMEMBER NOT TO EXCEED ONE SET** until a minimum of four or five months steady training has elapsed.

More experienced and advanced pupils will of course regulate their method of training differently — but I wanted to point out the facts needed by the complete beginner.

One must:

1. Constantly strive to employ heavier weights.
2. Keep each workout within sensible bounds so that an exercise period does not become an endurance test.
3. Rest adequately between workouts (at least one full day) so that the tissue-breakdown can be adequately compensated by your body's recuperative powers.

The scheme of progression, in simplest terms, works like this: Break down muscle fibers, Rest so that they rebuild, Break them down again, Rest again, etc.,

No matter how advanced you become or how advanced you are now, this very simple formula is the **ONLY ONE** that can insure continued good progress in actual, solid, lasting, powerful, shapely muscle growth. Every other type of training, regardless of how “popular” it may be, is grossly inferior to the simple “Work-Rest-Work” formula. Trainees' and instructors' efforts to use systems other than this one are based upon a desire to avoid the brutally hard work that the simple way demands and entails. But even if another “fairly good” method of working out is adapted, it cannot and will not even remotely approach — in results — what the basic method will give.

The theory of training upon which the Basic Method is based is the observable and provable fact that the organically healthy human body overcompensates its muscles when periodic and very severe **DEMANDS** are made upon those muscles.

The **principle** behind how barbell-dumbbell training works is really quite simple to understand. However, to **adhere** to this principle — to actually train **HARD** enough in accordance with it — is something that can be, at times, agonizingly difficult to do.

It is the purpose of a good deal of this book's instruction to show you how to direct your combined physical-psychological resources into a training method that will afford you, so long as you continue to employ it, the very maximum possible gains and progress that your inherent potential will permit you to achieve.

### The Training Equipment Needed For The Best Results

Difficult as it may be to believe, the simple, inexpensive plate-loading barbell is still the **BEST**, **CHEAPEST** and **MOST PRACTICAL** piece of muscle-building equipment on earth! The very fancy, extremely cumbersome pieces of apparatus used in conjunction with, or instead of, weights, in commercial gyms are not even **SECOND** to barbells and dumbbells as developmental tools!

The only equipment you really need is a heavy (a **very heavy**) barbell, a couple of short dumbbell handles, and some simple, supplementary apparatus that is intended solely to enable you to get the most from your barbell and dumbbells. You can purchase some of the items, if you don't have them now or want to buy them now, when you have advanced in your actual training.

This is **ALL** the equipment that a man needs to acquire a "magazine cover" or Mr. America build:

1. A basic barbell-dumbbell set. This should consist of a 5' or 6' solid steel bar (with a "revolving sleeve" that turns in your hands as you exercise, insuring comfort in your workouts), a pair of 14" or 12" solid steel dumbbell handles (also with "sleeves") and collars for both the long and short bars. You should also have at least **FOUR** plates for each poundage (1<sup>1</sup>/<sub>4</sub>, 2<sup>1</sup>/<sub>2</sub>, 5, 10, 15, 20 and 25 pounders, at least). This will enable you to set up a pair of evenly balanced dumbbells for any exercise poundage desired.

You should have a complete supply of weights that permits you to load your barbell up to 300 pounds.

Many persons enjoy training with an Olympic Weight-Lifting Barbell set. Although these sets are very well and beautifully made, they are also very expensive. They cannot produce better results than a simple, plate loading, standard barbell outfit can, so I don't suggest that you purchase one of these sets unless the expense is not too much for you.

Also, Olympic sets come with a seven-foot bar. This can be an inconvenience if you train in your bedroom!

2. A good, all-purpose training bench. Iron Man Industries manufactures what are probably the finest benches for heavy, rugged workouts you can buy. And they are not at all expensive. But no matter where you purchase a bench, make sure that it has reinforced supports (to prevent collapse when a truly heavy bench press weight is used) and good, strong uprights (supports for holding a bench press bar before and after the actual exercising).

Unless you actually know what you're doing, DO NOT make your own bench. It is crucial that the bench you use be abnormally strong and of the most rugged construction. If a bench gives way when a very heavy poundage is being attempted, it could, I warn you, cost you your life. A good strong bench is a lifetime investment. Don't compromise in quality where your safety is concerned.

3. Squat Racks. As you will learn in the course of serious training, if indeed you are not aware of it now, SQUATS are the single most important exercise for power, muscular weight gains and the acquisition of well-shaped bulk. Squats are not merely good for those desiring power or rapid weight gains; they are good and productive for EVERY TRAINEE. Squats cannot be adequately done without the assistance of squat racks. The poundage that you will be squatting with will always exceed what you can safely get to your shoulders and put down again. It is, in this writer's judgment, not too good to have training partners hand you the weight in squatting. The poundage is just too much to trust to anything but solid steel stands.

With a good, heavy barbell alone, and a set of squat racks, you have a fine home gym that will enable you to work hard on every essential muscle group in your body! And squat racks, together with a good bench and a pair of dumbbells constitutes all you need for superb training.

There is some very fine supplementary and additional training equipment, but anything beyond the items mentioned is not absolutely NEEDED. However, if building a home gym interests you, the following are the remaining items of equipment that you may wish to obtain:

- a. an abdominal or slant board (if you're handy, this piece of equipment can be made by you)
- b. a pair of weighted "iron shoes"
- c. an incline bench (note: some of the finer benches are made to serve as both incline and flat benches — so you don't need two benches if you have one of these)
- d. parallel-type "dipping" bars

- e. a regular or doorway-type chinning bar
- f. a wrist-roller exerciser
- g. a headstrap and chain
- h. a powerful set of chest expanders (for use when travelling)
- i. grip straps (to assist in very heavy lifting)

If you train in a commercial health club you will doubtless have access to other, more "sophisticated" equipment. My advice is that you concentrate on basic, heavy lifting. Leave the fancy equipment to the lazy fellows.

This is, perhaps, a good place to mention the pros and cons of gym vs. home training.

It is the opinion of this author that NOTHING beats a well-stocked home gym for the best possible progress and results. Such a training place offers privacy, convenience, and, over the years, many, many hundreds of dollars saved on fees, dues, travelling costs, etc. There is great time saved too, as you never have to ride or travel to and from your home gym, as occurs when you join a commercial studio or club.

Many prominent Mr. winners, too, prefer their home gym training to any club or professional gym.

Some of the greatest builds in the world are the products of home gym training.

One fact to keep in mind: Many of the best physique stars who do work out in commercial clubs must train early or late, simply to insure an adequate degree of quiet for their needed concentration — and to be certain that the items of equipment they want to use will be immediately available.

In short, train at home unless this is really not possible.

Once you know exactly what you need to train, your next step is to learn HOW.

In the coming Chapters, we will take this up in great detail. You will learn what needs to be done to insure success whether you are a Mr. America candidate or a Mr. America candidate-to-be!

## Chapter 2

### *Being A Bodybuilder*

There is more to organizing an effective pattern of training than merely knowing the exercises you'll use. Any idiot can list a series of exercises. That doesn't make it a program. And besides, the actual exercises are only half the battle. The other half is understanding how you must live and train — how to “Be a Bodybuilder.”

One of the most important things to be understood about your training is the **exclusions**. Not what should go into a program, but what shouldn't go in. So let's discuss these “negatives” so that they won't get in your way, when you train.

1. Friends, family, acquaintances, pets, hobbies, radios, TVs and Hi Fi systems.

Very, very seriously. I want to stress the point that **DISTRACTION** is one of your greatest enemies. Distraction is as great a cause of failure to a serious physical culturist as it would be to a surgeon in the operating room!

You will just have to get the message across — one way or the other — that workout time is **ONLY** workout time, and you will not speak to anyone while you are training. Period. Don't answer telephones when you train, either. Leave the phone off the hook if you must, if nobody is home to take a call, or if you live alone. Shut yourself up in a room or in your garage or **SOMEWHERE** so that anybody who may be home when you're training won't disturb you. Be polite about this, and don't get nasty or belligerent, but let anybody who needs to know, understand in no uncertain terms that bodybuilding is important to you, and that you expect the courtesy of their cooperation in refraining from disturbing you while you are working out. This is really only asking for a few hours of strict privacy a week. But the watchword here is **strict**. When a distraction enters your consciousness during training, it will destroy your capacity to put forth a **TOTAL** effort on what, at workout time, you should be doing whole-heartedly: **TRAINING!**



2. Do not **EVER** eat while training. Don't even eat high-protein tablets. You may drink cool (but not **ice**) water when you perspire profusely — but do not gulp down full glasses of water; drink or sip it slowly. And here's a tip: during hot, uncomfortable summer training, you may find it worthwhile to sip hot (yes, I said "hot") tea as you work out. Korean Ginseng is easily dissolved in boiling water, and has been a healthful, herbal tea for thousands of years. I strongly urge you to try this during hot weather training. For some crazy reason, a hot tea drink makes you actually feel cooler!

Eating during training causes a good deal of digestive activity that detracts from what is available for energetic body function for your workout. Let an hour pass after a meal before you touch a weight, and don't eat while actually working out. It leads to nausea and illness.

3. **BLOCK OUT** thoughts concerning everything but your workout when you train. Certainly, anybody who thinks of nothing but bodybuilding is strange — but I am not saying that this is the attitude you must adopt. Quite the contrary: think about anything in the world you want to think about, **BUT NOT DURING WORKOUT TIME**. For the duration of a workout you absolutely **must** focus exclusively upon your training. Your bills will still need to be paid after you've trained and taken a shower; so worrying about them for the time it takes to train is just illogical. Job, family, or girl friend worries can be solved quite adequately during the hours **before** or **after** training. Training time, I want to hammer into your head, is **ONLY FOR TRAINING**!

Those "exclusions" must be understood well. They may, at first glance, appear to be minor or insignificant items. But I strongly advise you to take them with dead earnestness. Nothing that can block your way to the goals you desire is "minor" or "insignificant," and it has been my experience that the three items mentioned are the greatest "goal-blockers" that trainees encounter.

Remember, too: small details are often very important contributing factors to **BIG** successes!

#### The "Must Include" Items

Now we come to those things that even very advanced bodybuilders sometimes neglect. Read these items over carefully, and see to it that you never omit them from your pattern of training.

1. **FRESH AIR**. Do not train with all of the windows shut, unless you have six degree weather and a 75 m.p.h. gale blowing outside! Fresh air **energizes** you, aids you in your practice of deep breathing when you train, builds your vigor and increases your spirit.

Between exercises — no matter what particular exercises they may be

— walk about and **BREATHE DEEPLY**. This assists speedy recovery between hard sets, and lets you ventilate your lungs. I have seen Mr. America winners, who should have known better, lounging around on benches in between sets. This detracts considerably from the resulting beneficial effects of the overall exercise program to your **health**. It is nothing but a lazy habit that reduces gains along with reducing effort.

Do not train in a well-ventilated or chilly room while wearing only trunks, or otherwise having your body exposed. This applies trebly if you train where there is an air conditioner during summer weather. You should:

2. Always wear a heavy sweatsuit. This guards the body from being chilled in cool air, prevents perspiration from almost “freezing” on the skin, and enables you to work up the heaviest possible sweat. This last is a health benefit beyond belief. It can provide your system with an almost medicinal effect if you work up a sweat like this when you have a cold. Do not, however, **ever** work out if you feel that you have an actual **illness** or fever. Training at such a time — no matter how “tough” you think you are — is too dumb to seriously discuss. See a medical doctor immediately if you feel sick; the only exception is of course, a simple head cold or a minor headache.

Don’t hesitate to go ahead and train, too, if you are mildly depressed or upset. A good workout can relieve many forms of psychological upsets with surprising speed! But here, again, use your brains. If you are ever, unfortunately, in the grips of a serious depression, don’t stupidly try to “work it out of your system.” Get some real help from the expert who’s qualified to give it: a licensed psychologist or psychiatrist.

3. Keep your drinking supply **AT HAND** when you train. Years ago there was an idiotic notion that physical training and drinking water just didn’t mix. The most prominent athletic coaches condemned the drinking of water for their charges in the hottest summer weather! Result? Many athletes collapsed or fainted during training. Many weakened gradually, and gave up training. Those who were able to bear the “no drink” training regimen only **THOUGHT** that they were better off for their stoicism! Actually, they gained **nothing** by not drinking when they trained — and they were needlessly overtaxing their bodies.

Today, some very few odd instructors of physical training still say “don’t go near the water.” But I assure you that their attitude is wrong. Drink water in between exercises as you get thirsty. Don’t gulp it down like you’ve been in the Mojave Desert for three weeks, but feel free to sip plenty during workouts. Don’t “bloat” yourself, but **DO** drink.

Will drinking water keep you from losing weight, if weight reduction

happens to be one of your training goals? NO, IT WILL NOT.

The only "weight" that pure water provides is **water weight**: weight that is easily and quickly lost with perspiration. Besides, the effect that pure water and exercise together have upon your system of elimination assures good health and the greatest possible metabolic efficiency. This helps fat reduction!

4. Wear strong shoes and athletic socks with your sweatsuit, when you train. If you've ever had the experience of unintentionally dropping a barbell plate on your toes, I'm sure that you have discovered the advisability of wearing heavy shoes during a workout! But there's another reason, too, for not exercising in beach sandals or training barefoot: Your feet, during almost every important exercise you do, support your entire body, balance it, and support the added weight of your barbell, too! Strong weight-lifting shoes are a fine aid to them in their efforts.

The author wears a pair of heavy construction shoes when he trains. These are much cheaper than lifter's shoes, and for all practical purposes, serve the same function.

5. Keep a training record. Write down, in a regular notebook, the date of **each** workout you take, the exact exercises you do, the precise number of repetitions, the poundages, sets employed, and so on. Record, also, alongside any training data, any missed or skipped workouts, and the reason for "missing." This will aid you in being your own instructor, and it will prevent you from using flimsy excuses to skip training.

The foregoing is your preparation, your "orientation" for effective training. Not all trainees employ the rules and tips I've given you — but I don't suggest **you** ignore them, now that you understand them. They help. They help a lot. Every piece of information in this book is to be read, digested and understood well. Every bit will boost and aid your building-up endeavors. Every item of advice in this Guide has stood the tests of time, use and experience. Most of the best built men on earth took years to learn some of the facts herein presented.

### The Time Factor In Training

Hard, hard work is the only possible way to achieve significant, lasting success in bodybuilding. However, there is, happily, one saving grace about the **nature** of this hard work: you don't need too much of it at any one time to produce results.

Perhaps you have read widely in the publications available today about how Mr. X takes three hours every evening to train, or Mr. Y spends four or five hours at the gym for five evenings a week so he can "peak" his biceps to their limit, etc., and so on, ad nauseum. Do not be deceived by this outrageous presentation of training "schedules" which

are supposedly representative of what Advanced Bodybuilders must do. Any similarity between such utter hogwash and the **actual, real** programs of training that have been used by the greatest bodybuilders on earth is purely coincidental!

At the beginning of this book, in the Introduction, I briefly acknowledged the existence of the Iron Game's "lunatic fringe." Every field of endeavor has **some** participants who are not playing with a full deck. Consider, by way of illustration, some of our University Philosophy Professors who have not decided whether or not they exist!

But I am not concerned with lunatics. The bodybuilders who have made it to the top — for the most part — excluding the odd numbers — made it on sensible, hard training. They worked persistently for a long period of time until the cumulative effects of their workouts produced the fine physiques they wanted. And their workouts rarely exceeded two hours each — even in the case of men such as Reg Park or John Grimek. If training like that which is advocated in this book is employed, then it will be wholly unnecessary to **ever** train "a lot." Most men can get superb maximum development in size, strength and shape with no more than an hour's training, three times a week. Between an hour and an hour and a half is **more than enough for anybody!**

When you hear about the prolonged workouts, remember:

a. The magazine you're reading it in may not be entirely honest. There are, unfortunately, several bodybuilding publications whose aim is profit at any price — and this means a sacrifice of honesty. Their editorial policy is aimed at giving their readers the **spectacular** rather than the truth. For some reason, there are people who tend to feel that a guy's physique is better if he takes three hours a night, six nights a week to maintain it — than it would be if it were produced and maintained with less training time. Pretty muddled thinking, indeed! But **you** don't have to **accept** it.

b. There are a few crazy people who **do** train almost all the time. But they do not make greater gains for their extra effort. It is a psychological weakness — not a strength — that keeps a man tied to a barbell for half of his waking hours! The main point is this: you don't need to copy the Iron Game's **crack-pots**.

c. Occasionally, a well-known physique star will, for a **VERY LIMITED PERIOD** of time, go on a special, highly intensive routine that is aimed at weight or bulk reduction, and he will train on this routine for five or six days a week, for perhaps two to four hours a session. But this sort of specialized training lasts two or three weeks, **TOPS**. And the result, for the trainee, is enormous losses in power, strength, size and well-being.



Sometimes these “definition routines” can injure the health. They are **CERTAINLY** contraindicated for 95 per cent of those who work out at all — and they can put an average trainee in the hospital if he foolishly forces himself to go on such a schedule.

d. Sometimes, again, for **BRIEF PERIODS** of two or three weeks only, an advanced bodybuilder will deliberately intensify his training prior to entry into a major physique contest. His aim will be to “sharpen up” and polish an already bulky and powerful body. He will not increase training to the point where he does too much — but only to the point where he does a bit more than usual, for a short time.

After the contest for which he was preparing, such a trainee will almost always take a two-week or three-week layoff from **all** training to give his highly trained body a much needed rest. After the layoff, he’ll be back in training on shorter, more sensible routines again.

The amount of time that you spend on your training is a very, very important factor for success.

Muscles **must have rest** between workouts in order to benefit from those workouts. They must be broken down adequately by intensive, hard work — but not “destroyed completely” by fanatical, driving efforts to train and train and train. Stop before your eyes come bugging out of your head!

The time factor is a critical factor. You may find that an hour’s training leaves you feeling energetic, and, almost “high” — but that more than that leaves you feeling like you just had a fight with a propeller. Do not keep trying to increase the **LENGTH** of your workouts. Keep trying to increase the **RESISTANCE** you employ, the actual poundages; and the intensity of effort-output you expend in your exercises. **THAT** is the secret of successful, productive workouts.

England’s great Reg Park — undoubtedly one of the World’s most muscular, powerful and well-built men — used to spend about **ONE HOUR AND FIVE MINUTES** on his gain-training programs! That’s right — a little over an hour! And he built up to become a living, breathing Hercules! He had a physique — in his prime — that was unmatched in the world. He was a “natural” who took advantage of his potential to the fullest possible extent. Yet, still, when his goal was body-BUILDING, he knew that only the most carefully-controlled, **hard** but not long training sessions would increase his size and power. He never, ever shirked in the **poundages** or in the **effort** or in the **concentration** he employed; but he avoided long, extended workouts like the plague. So should you.

A raw beginner to bodybuilding should train for about thirty minutes, three or four times a week. Gradually, as multiple sets are employed, and



as weights become so heavy that more rest is needed between exercises, the workouts should increase to the point where a full session of exercise requires about an hour of hard work to complete. An hour and a half may not be too much, if you are very advanced. In hot summer months you will, of course, need a bit longer to train. But don't exceed two hours even if the temperature is 105 degrees! **Stop** after you've done a brief period of severe work for each of the major muscle groups. I promise you that you will be **shocked** at the progress this sort of sensible training brings you — especially if, as an advanced man, you have currently been over-training.

This point about avoiding too much training is so crucially necessary to your success that I want to warn you that **YOU WILL FAIL TO BUILD UP TO YOUR MAXIMUM POTENTIAL IF YOUR WORKOUTS ARE TOO FREQUENT OR TOO LONG**. When you feel an enthusiasm about your training that makes you want to spend more time at your workouts, you ought, sensibly, to direct that enthusiasm into a **GREATER EFFORT OUTPUT** during a normal hour or so's training. It absolutely is not relevant "how much" you train, from the standpoint of progress in muscle-BUILDING. Understand this, please. What counts is how hard and intensively and how regularly and heavily your workouts are done. Add ten or even twenty pounds to your squat bar, rather than adding another set or two to the routine. Work much heavier and harder on **ONE BASIC EXERCISE** for two or three sets, rather than run through two or three different, lesser exercises, for three or four sets each, if you want good development in any particular body part. Remember — one minute's hard work in squatting, three times a week, will produce bigger and stronger legs than an hour or more of distance running will produce, even if done on a daily basis. It is the barbell's intensity of effort, rather than the greater amount of work demanded by the distance running that "**BUILDS UP.**" In bodybuilding our goal is the stimulation of continual **growth**; not mere exercise for the sake of exercise.

Closely related to how long a workout should be is the question of how often you should train.

Three very hard workouts a week are enough. No more than four sessions a week should be done, or growth will be **PREVENTED**. In fact, it is only the beginner who might profit from four workouts a week, rather than the more advanced fellow. Beginners are not yet fully exerting 110 per cent physical-mental-emotional strength output (partly because as beginners, they just can't do it, yet) and their workouts are a new thing for their systems to become acclimated to. And, they do only **ONE SINGLE SET**.

Three alternate-day workouts, however, are plenty for everybody else. If you do not think so, then it is proof that your own training is more of a

rest-out than an actual workout! Casey Viator built one of the finest, Championship physiques — a Mr. America, title-winning body — on **THREE WORKOUTS A WEEK**. His sessions prepared him for the event he entered to a greater extent than his fellow contestants' six-day per week workouts prepared them!

Train properly, and you won't **want** to train more than three times a week.

Try your very best never to skip or miss training sessions. When you are really sick or genuinely exhausted then it is, of course, better **not** to train. But in the majority of instances, skipped and missed workouts are caused by **PSYCHOLOGICAL** reasons, and you must learn to cope with and effectively fight against these blocks. I will have much more to say about the **PSYCHOLOGICAL ASPECTS** of physical training in Chapter Three. But for now, and in the context of our immediate discussion, suffice it to say that "**NEVER MISS A SCHEDULED EXERCISE PERIOD!**" is an important rule for your success.

### The Energy Factor In Training

All men are **NOT** created equally. Everybody knows the type of individual who can, seemingly, "work all day and play all night" and get by with a surprisingly small amount of rest and sleep. Well, you probably know if this is the kind of person **you** are, and there's no point in my trying to tell you how you can become such a person, if you're not that way naturally. Because you simply can't do it.

Some things — like the color of our eyes — we inherit. Now an inherently weak or frail person can certainly greatly improve himself via heavy weight-training. He can significantly increase his capacity for both work and play, and he can strengthen his constitution to the point where his body does have somewhat greater resistance to illness or fatigue. But there are limits.

A person who has a naturally high energy level and a great endurance capacity will, if **he** builds up his body with weights, always be some steps ahead of the weaker or less well-endowed individual who trains, also.

You are what you are. Do not ever try to impose health-risking burdens upon yourself that you know from experience your constitution just cannot take.

Get all of the sleep you need to function and feel well. Rest when you feel more than slightly tired. Dress properly in cold weather. Do not stay out half the night dancing if you yourself know that this will retard your training and decrease your feeling of well-being. **USE COMMON SENSE** in the way you make and accept demands upon yourself.

No one can live and fail to experience certain hardships and difficulties

in life. But facing up to unavoidable drains on your constitution is one thing. Draining yourself for no purpose or for fleeting pleasures only, is sheer insanity.

Some people may believe that a bodybuilder's attitude of self-discipline and of taking good care of himself is merely an egocentric, "selfish" thing. Well, I do not think that it is.

When you nurture your potential and see to it that you grow and develop in any way possible to you, then you become more of a person. If you are strong, self-confident and happy, you can make others happy, and you can do so without feeling that they are a burden on you.

Strong, healthy men make better, more fulfilling mates and husbands. A healthy, powerful man can make his wife happier than can a weak and sickly man. An energetic, well-built person is a greater asset to any employer, and can bring more with him into any career he seeks.

You are a unique individual. The more you become, as an individual — in body, mind and spirit — the more you have to offer those who are close to you. Remember that. It's very important.

Body, mind and spirit are **all** involved in effective, sensible physical training and education. In the next Chapter you will learn exactly what role the MIND plays in developing your body — and how to harness and direct all of your emotional and mental potential to the ends you desire!

## Chapter 3

### *The Mental Aspects*

“ . . . If you can force your heart and nerve  
and sinew  
To serve your turn long after they are  
gone;  
And so hold on when there is nothing in  
you,  
Except the Will which says to them “Hold  
On!”

— from “IF” by Rudyard Kipling

The biggest fool on earth is the man who scoffs at the invincible power of the human spirit, and who maintains that only the body is real — and that what one does or what one can do is limited only to his physical self. But I do not think that any real human achievement can be attained by or attributed solely to muscular labor. Not even, and perhaps least of all, the achievement of a well-built, healthy body. The MIND IS THE MASTER that can accomplish miracles with the body!

Once a young man enmeshed in poverty, and destined by all discernible conditions of his life to live and die in obscurity, resolved that he would be something. He faced nature and man in his struggle upward, and went from a log cabin in the wilderness to the Presidency of the United States. His name was Abraham Lincoln.

Once, Lincoln was asked by a young man if he thought that it would be possible for the young man to become a lawyer. Lincoln said: “If you are resolutely determined to be a lawyer, then you **will** become a lawyer.” And this is the message that I aim to drive home to **you** who are now reading this Chapter:

**IF YOU ARE RESOLUTELY DETERMINED TO BUILD YOUR BODY, TO OVERCOME THE OBSTACLES OF POOR POTENTIAL, OR EVEN THE RAVAGES OF POOR HEALTH, THEN NOTHING CAN OR WILL STOP YOU!**



When once you come fully to grips with the above fact — when you realize that YOU are truly in command of YOU, then you will have unlocked the door leading to the success you desire. No other piece of advice or item of instruction is as important as the material contained in this Chapter. You can make it to the top without a lot of things — but there never yet was a man who made it without the RESOLVE to do so!

Human beings certainly are a curious species. Sometimes they act in the strangest, stupidest, funniest and most irrational way imaginable; and then those same people can turn around and be the most magnanimous, heroic, beautiful and strong individuals you could ever conceive.

Now just what does all of that, even if it is true, prove? What on earth is the relationship between the facts of basic human nature, and the down-to-earth job of physical development?

You must come to understand that, as a human being, it is not your body, but your **mind** that is the prime mover and director of the course that your life takes. The body — even of a very strong fellow — is prone to natural laziness, and to easily “giving up,” long before an even halfway decent effort is made. This is **not** because the muscles reach a point of fatigue before they ought to, but because the body is a lazy old codger that screams bloody murder at the onset of anything resembling effort or struggle.

“CAN’T” is a dirty, four-letter word that, as a bodybuilder who means business, I would suggest you drop — fast! — from your vocabulary!

Many persons have had the experience of, at one time or another in their lives, being strongly motivated by personal desire to DO something, to **accomplish** something, to **get** somewhere. And they found, perhaps to their surprise, that at these times their energy level seemed to skyrocket, they were possessed of almost superhuman determination, courage and power to accomplish whatever it was they had in mind. But then, once the goal was achieved, their “extra power” and the drive they had experienced, subsided.

The reason why people lack the determination to go after what they want is an extremely complex question to answer. A full explanation would surely go beyond the scope of this book. But **WHAT YOU CAN DO NOW** to turn on the power of your mind for the purpose of building the physique you want, is immediately relevant and we will discuss it.

It is an interesting fact that, of all the “ingredients” found in the lives and training habits of all of the strong men in history — who became strong via their own hard training — only **ONE** ingredient is constant in each strong man’s or lifter’s life: **INDOMITABLE, IRON WILL** and an

almost terrifying, burning DETERMINATION to build himself up. A drive from within to be better and better, and still better. A drive to face and crash through any barriers that may appear.

There have been great physiques, and there are great physique men today, from every part of the world. Diets are different, climates are different, cultural patterns are different, certain exercise apparatus is different, and so on. But the MENTAL ASPECTS of the training are always the same! Duplicate those Mental Aspects, and the build you want is just "X" number of workouts away!

If there is any "secret" to the acquisition of strong, large muscles and Herculean power, then the most important and probably the **only** one is . . .

### CONCENTRATION and HARD WORK!

The more you focus your mind on any "physical" task the more **ready** and **able** will your body be to actually perform that task. This is a very simple, basic rule of human motivation and psychology — though it is not generally known among bodybuilders. The fact has been proven in experiments — though it was certainly well-known by some people long before any "scientific tests" were done — that the body's ability to perform is closely linked to the mind's orders, and to the mental **focusing** upon the job at hand.

Can you remember ever having done well at **anything** when your mind was wandering, when it was on another subject, or when you actually felt a resistance and antagonism in you to doing what it was that you were doing? No, you can probably recall that your performances at **ANYTHING** you ever did were crucially related to the degree of concentration that your mind poured forth to serve you at the time. **AND THIS WAS THE RESULT OF YOUR OWN MOTIVATION!**

There is nothing mysterious or supernatural about Mind Power. I pointed out earlier that mind and body are inseparably united. When they function at cross-purposes, they can, at best, merely "get by" in whatever they're doing. When the human mind and body are **INTEGRATED** however, and when they function together, toward the attainment of a single, greatly-desired goal, the result can only be described as miraculous outpourings of energy which appear — on the surface — to be super-human. And this will produce **SUCCESS** every time!

Man was born to succeed. To be happy. To fulfill and actualize himself. When he fails it is Nature's way — not of punishing him — but of **teaching** him. And the lesson that Nature is trying to get across (if only you'll

listen!) is: **LEARN TO CONCENTRATE WELL ON WHAT YOU ARE DOING — LET THIS CONCENTRATION OF YOUR MIND FREE YOUR BODY'S LATENT DYNAMIC POWER SO THAT HARD WORK WILL BE POSSIBLE IN YOUR OWN BEST INTERESTS!**

The key to hard work in bodybuilding is concentration. You simply cannot work hard physically if your mind is not concentrated upon your body's activity. To an extent, of course, concentration — in the novice — is something that is not fully “natural” and it must be learned. This is to say that in our normal, everyday life we do not, even when we think about what we are doing, usually manage to tap our full mental resources to assist us. We more or less, at best, think **predominantly** about what we're doing. This passes because we engage in few activities that **demand** a full concentration output. Let's face it — there aren't too many daily activities as tough as hard workouts!

But when it is workout time, we **DO** need every ounce of our combined physical-psychological resources. Most trainees do eventually learn this fact — but a surprising number don't. And with very, very few exceptions, no beginner has any grasp of this vital requirement of successful training.

If you ever had the opportunity to observe any of the well-known bodybuilders train you would be dumbfounded at the almost frightening, hypnotic state they are in while doing any given exercise. They don't smile. They don't grunt out curses when the reps become hard. And you never even get the inkling that they are aware of the existence of anything else on earth but the workout! **THAT** is concentration. Try it. You will make progress in leaps and bounds.

You must learn to concentrate like the Champions if you want to **BE** like the Champions.

A person who wants something badly enough will tend to think about this thing rather constantly. Nobody can make you “want” a top-notch physique and great physical power. The desire, initially, must come from **you**. But — if the desire is in you — you can learn to concentrate as you must. And, chances are there is a pretty strong desire in you, or you would not be reading this book.

If you will keep in mind that the process of learning to concentrate fully can take and must take time, and if you will start **NOW** and begin to **practice** and **try**, then the following rules will insure your success within several short months . . .

1. When a workout is scheduled to begin take a couple of minutes to meditate and to clear your mind fully of any doubts, worries, problems or fears that you may have. This applies to any negative or disturbing

emotions and thoughts. "Throw them away." Block them — willfully and deliberately — from your mind. Simply DO NOT PERMIT THEM ENTRY INTO YOUR PRESENT STATE OF FOCUS AND CONCERN.

These negative emotions may be —

- a. Marital troubles
- b. A fight or breakup with your girlfriend
- c. Money worries
- d. Job worries (perhaps you lost your job)
- e. Noisy neighbors, or
- f. ANYTHING

Why do I mention those situations specifically? Because this book is intended to **REALLY HELP AND GUIDE YOU**; and I think that dealing with and facing the **actual**, realistic human problems that arise to discourage a bodybuilder's efforts is the only way that this volume can hope to serve as a kind of "living teacher" for you. I assure you that the problems which seem to you insurmountable today, will, next year, have satisfactorily resolved themselves.

Ask yourself, in any of the predicaments mentioned, how would it **improve** things if you allowed the resulting negative emotions to swamp you, and compel you to skip training? If anything, disciplining yourself to bear up to ANY hardship and to train well anyway, will **HELP YOU** to deal with any problems presently existing in your life. Think about that.

You can always go back and pay attention to your troubles **after** you work out. They'll still be there.

2. Begin to speak to yourself. Tell yourself (silently, please, if you are training in a gym where others are present) that this will be a truly productive workout. That you'll find the heaviest weights easy to lift, and that you will derive real **pleasure** and **satisfaction** from your training.

3. Before each set of any exercise you do, **THINK** beforehand that this exercise will be your only concern on earth while you do it. **SEE YOURSELF** in your mind's eye actually doing the exercise. "Feel" the muscles successfully exerting themselves against the resistance which the weight will offer.

This seeing and feeling yourself doing what you are about to do actually **charges** the muscles that will be called upon to work, and it **DOUBLES** their initial readiness for strength-output.

4. **THINK INTO** whatever muscles are being worked. Do this while you are actually exercising. This is a secret of training adopted from the Indian Art of Yoga. You try to "become" your biceps, deltoids, etc., while you work them. This makes full concentration almost unavoidable,



because it is just not possible for your mind to be totally immersed in the reality of any given muscle unless a state of hard concentration is achieved.

Anybody who keeps trying to apply the foregoing principles to the training he does will succeed beyond belief. It normally takes about fifteen to twenty workouts before a trainee's employment of the four points given has become habitual. And the process of **getting good** at the application of these points can take a number of years.

Hard work is the thing that brings success in training. Your concentration **permits** your body to go at the task of training in a vigorous and brutally "hard" manner. With a sufficiently developed level of intense concentration your body will just not fail to provide a maximum power-output.

The difference between the fellow who **gains** from each workout he takes, and the fellow who merely plods along in his training, rut-like, is **HARD, HARD WORK**. There is not and there can never be any substitute for the vital element in effective physical training.

The obstacles to your bodybuilding goals (or to **any** goals you may have in life, for that manner) lie within **you**. No course, no instructor, and no training method exists that can substitute for **YOUR OUTPUT OF EFFORT**. The greatest training course on earth is worthless junk to a man who won't work hard at it; and the lousiest routine compiled will produce **some** good results for the fellow who works intensively enough on it.

This book will give you the **BEST** exercises, the **MOST PRODUCTIVE ROUTINES** and what I have found to be **THE MOST NECESSARY TRAINING INFORMATION**. But utilizing what is presented is, and must remain, **your** responsibility. The training information will not work if **you** don't.

Make up your mind, **NOW**, to go after your goal of a fine physique and physical power with burning, and with unswerving **DETERMINATION!** Make up your mind that starting right now, **YOU** are going to **ACHIEVE YOUR GOAL!** You can do it. There's no question about it. What do you say?

Auto-Suggestion, Mind-Body Control,  
Positive Thinking and Will-Power

All of the above factors, whether you realize it yet or not, enter crucially into an effective, productive training program.

To different people it is described in different ways. **How** you name it is less important than the extent to which you **USE IT**. I call it **MIND POWER**.

Let us assume that, right now, you are about to do a set of bench presses with your present maximum weight resistance. We will say, for the sake of argument, that the weight is 175 pounds. You will do eight repetitions.

Let us assume also, the following existing factors again, for the sake of argument, about the present status of your life situation . . .

1. You are not enjoying your job, the work is boring or difficult, the boss is unreasonable, and you can't look for another job because —

2. You are going to school at night and you've got to support yourself and pay for your studies.

3. You are upset because your girlfriend and you have had a falling out.

Now, before we go further, and follow you in your set of bench presses, keep **this** in mind:

**THE 175 POUND "LIMIT" THAT YOU ARE EMPLOYING IS ACTUALLY, EVEN THOUGH YOU REALLY DON'T KNOW IT, CONSIDERABLY BELOW YOUR TRUE OR ULTIMATE LIMIT BECAUSE — BY SIMPLE VIRTUE OF THE FACT THAT YOU ARE HUMAN — YOU HAVE AT LEAST TWO OR THREE TIMES THE STRENGTH WHICH YOU FEEL YOU "REALLY" HAVE.**

By way of example, consider: If you knew that your **LIFE DEPENDED UPON IT**, you could surely bench press 195 or 200 pounds for your eight repetitions, and do so **EASILY!**

Your existing mental state at the time you train can either force your body to do **MORE** than it previously did, or drag it down to the point where, because it is not even working up to its own level, it derives no actual benefit at all from its workout.

Okay. Now you are about to begin your set. What happens?

Being a human being your mental state now is the product of the cumulative situations and concerns of the day which led up to this moment. You **CANNOT** (without the kind of disciplined work and control I discussed earlier) avoid thinking and saying to yourself such things as:

"Oh, boy, it sure was rough at that office, today" . . . "Gee, I feel terrible about that test I took yesterday. I'm sure I only barely passed!" . . . "If my girl and I don't make up, then I just don't know what I'll do." These thoughts, or their equivalents, combine to **DETRACT YOUR FOCUS** from your training. You will, if you do not decide to skip training altogether that day, try to do your set of bench presses. But it is unlikely that you'll make your full eight repetitions; and even if you do, you will feel like you have used up everything in you to do it. What made it so difficult? Obviously, your **MENTAL STATE**. The mental state changed from what it was when you did eight repetitions with fairly little effort;

but your body is, if anything, even **stronger** now, than it was!

If you had learned how to adjust your mental state at training time, the comparison between what it would then be, and what I described above, would look like this:

**Mental State Described (negative)**

1. Worry about relationship with girlfriend
2. Concern about job
3. Anxiety regarding school
4. Focus on **difficulty** of exercise

**POSITIVE Mental State**

1. Blocking out ALL negatives
2. **DEEP FOCUS** only on workout and exercise
3. Awareness **ONLY** of bringing all bodily power into focus for training

Would you wish to claim that the effort-output would not be clearly greater as a result of the **POSITIVE** mental state? I am quite confident that you see the point!

You may not be able to control everything that happens to you or around you during the day. But you **CAN** control your mental state **TEMPORARILY** for the duration of a workout. If you will accept this fact, then it will only be a matter of time before you have actually acquired the power to “turn on” energy, power and training enthusiasm, **AT WILL!**

In the case where no effort to regulate your concentration exists, your progress in training will rise or fall entirely at the mercy of life’s ups and downs. And **EVERYBODY** has to expect, unfortunately, plenty of “downs” in this existence. So the sane, logical, obvious, realistic solution is to **ACCEPT** the fact that life is less than perfect, and to determine that no unfavorable external conditions will impinge upon your mental state and block your goals.

Heaven knows, the above advice is not “easy” to accept and practice. But it will work, if you will make a concerted effort to apply it.

A human being is, as far as science has been able to determine, the only creature that “talks to himself.” This, for the bodybuilder, is a benefit of great importance. It enables him to use auto-suggestion.

You should, as continually as possible, make positive suggestions to yourself, regarding your training. It is, after all, as easy to keep telling yourself that you are **ANXIOUS TO TRAIN** as it is to say to yourself that you dread the coming workout!

Force yourself (yes, **FORCE YOURSELF**) to face each workout **KNOWING** that you will do better and still better as you train. Constantly see yourself in your mind’s eye doing **MORE** than you currently do. The

body is a tool that will respond to whatever commands are made by the mind.

A very excellent example (with which the author is personally familiar) of the function of MIND power and of mind-body control are the Oriental martial arts — ju jitsu, karate, aikido, kung fu, etc.

Why is it that an American prize fighter weighing over 200 pounds (solid muscle) breaks his knuckles if he hits a hard surface without the protection of boxing gloves — yet a 145 pounds karate expert can break a brick in half, or crack heavy planks with a single blow of an UN-PROTECTED hand, yet receive NO INJURY? It cannot be body power alone. If it were merely body power, then surely the Western boxer could easily surpass his Eastern counterpart. But, in this instance the bigger and stronger man CANNOT DO IT! It is the karate exponent's MIND training that enables him to demonstrate such fantastic human power.

If you will resolve to train your mind to be the master of your body, you will be thoroughly astounded at what that body slave of yours will do for you!

Remember — THE POWER IS WITHIN YOU — YOUR MIND'S COMMAND IS WHAT IS NEEDED TO UNLEASH IT — YOUR BODY WILL OBEY. Those facts must be thoroughly understood by anyone desiring worthwhile or even startling results from his training with weights.

Many trainees find that boredom sets in from following a set pattern of exercises week in and week out. It is a fact that the first six months usually determines whether or not the trainee will or will not ultimately succeed in attaining his goals. About 75 per cent of those who begin physical training quit before six months of steady training has been done. Those who stay with their workouts for the initial six months usually stay with barbell work — in some form, and to some degree — on a permanent basis. The question is, how can YOU be one of the 25 per cent who doesn't fall by the wayside and give up before satisfactory results are obtained?

**Boredom** is second only to gravity in blocking your "stick-to-it-iveness." In order to break the back of the boredom problem, which is undoubtedly encountered by EVERYBODY in the Iron Game, even those with twenty or thirty years training behind them, two things are necessary. The first, a DESIRE to build your body, you already have. The second, you probably lack, or at best have it only to a minor degree. That is IRON WILL POWER.

Concerning your desire: if it weren't for the existence of this desire, there would be little chance of your being able to manifest any strong will power to develop your body. Nobody can maximize passionate will power



to attain something that he DOESN'T want. That should be obvious. So, we can assume you've got desire. You wouldn't have purchased this book if you didn't have it.

Consider: **DESIRE WITHOUT WILL-POWER IS EMPTY DREAMING.** It is, unfortunately, what too many people permit themselves to go through life doing. Wanting something is easy. But understanding fully that mere wanting is insufficient by itself, is necessary, prior to the attainment of any real success or happiness.

It is my conviction, based upon my study of psychology and my work with fellow bodybuilders, that people lack will power because they stubbornly refuse to accept the fact that only **THEY** can determine the course and direction their life and actions will follow. They somehow foolishly cling to the false premise that "somehow" they can get what they want, or that an "easy way" exists to the good things in life. Nonsense. Those people who achieved anything did it by excruciating effort. Hard work, in addition to knowledge and planning, is required to build a strong, well-built body.

A harnessed **WILL TO SUCCEED** is the result of fully understanding that **NO OTHER WAY BUT CONSTANT STRUGGLE EXISTS** for the attainment of any worthwhile goals and values in life! This understanding, once you arrive at it, places you in a very clear-cut, either-or position. Either you **DO** train steadily in order to succeed and to achieve your goals, or you **DO NOT**. No third alternative or confusion is possible.

You **MUST** push yourself into training at each scheduled workout, whether or not you happen to "feel" like training. And you must train even if things are not all hunky dory in your life.

You must force yourself to work up concentrated determination whenever you train, even if you are training in mid-July. You must grow up and stop coddling yourself. You must never feel sorry for yourself. You must stop believing that an easier way exists. You must, in the final analysis, grit your teeth, keep your eye on your goal, and go right into your workouts when training time comes — three times a week.

There is no other way. Don't give up training with the secret belief that "others made it because they knew something you don't know." That would be an awful shame.

Fight negativism in your outlook and habits. Develop a positive image of where you can go and what you can do. Steady training will **INCREASE** your ability to do this in every aspect of your life.

The work has GOT TO COME FROM YOU. And the resolution to work and to keep working must initiate in your MIND. If it does, then your body will do as you wish, and develop as you may not now believe possible!

## Chapter 4

### *The Role of Diet and Nutrition*

If we put a high quality gasoline into our car we know that it will function at peak efficiency and take us where we want to go, without breaking down halfway enroute. Yet, many bodybuilders fail to see that their nutrition is as important to their progress and to the results they attain as the gasoline they put in their cars is essential to their proper functioning.

Diet is **very** important for good results in bodybuilding. Exercise alone can only take you as far as your body is able to go. And, aside from hereditary factors (which are outside your control) your food intake largely determines just "how far" you can get and how much you can develop on the workouts you take.

I often joke with students about this. It may be necessary to be careful about nutrition every day — and that's more frequent than the actual training sessions. But, I point out, that's not so **hard to take** as the training. "How so?" they ask. Then I point out that it can be quite enjoyable to relax and eat; but workouts require a bit more effort.

Specific instruction concerning Gaining or Losing weight needs separate Chapters and will be discussed and outlined in full in Chapters eleven and twelve. What my aim is here is to acquaint you with the **ESSENTIALS** of good, basic nutritional principles — something that you just have to know if you have any hopes of attaining maximum physical development.

To begin, acquaint yourself with the **BASIC FOOD GROUPS**, listed below. You must have some portion of food from **EACH GROUP DAILY**.

Group 1. Meats, Poultry, Fish, Eggs, Nuts, Beans, Peas, etc.

Group 2. Green (leafy) vegetables: Lettuce, Watercress, etc. Yellow vegetables: carrots, etc.

Group 3. Citrus fruits: Fresh oranges, Grapefruits, etc.

Group 4. Other Fruits: Apples, Pears, Bananas, etc.

Group 5. Starches: Bread, Flour, Cereals, Spaghetti, Macaroni, etc.

Group 6. Products derived from Milk, as well as Fresh Milk itself: Cheese, etc.

Group 7. Fats, Fresh Butter, etc.

You need foods from all of those categories **REGARDLESS OF WHETHER OR NOT YOU ARE UNDERWEIGHT**. Those are the basic essential nutritional food groups, and every item is needed for **GENERAL BODYBUILDING**, as well as the maintenance of health.

I have never met or known of an advanced muscleman or weight-lifter who was not a voracious eater! Barbell men, it seems, have the heartiest appetites on earth!

Doug Hepburn was one of the most phenomenally huge and powerful lifters on earth. If you have ever seen photos of this man in past issues of bodybuilding publications then you well know what I mean! Hepburn used to pack food around with him so that he would always have plenty of "fuel" to keep his training and gaining going strong.

The great John C. Grimek had a reputation for eating that frightened anyone who invited him to dinner! "Meat," he once said, "is my baby!" He meant it. He ate more than a troop of boy scouts when he sat down to a meal! Grimek's physique naturally showed the results of his wholesome, complete program of nutrition.

Your diet is what provides you with the **ENERGY** you need to train, and with the **BUILDING BLOCKS** that replenish broken-down tissue and energy reserves.

It is useless for us to go into complex or technical dietary information. That is not what you need, and it would be more annoying than helpful to have you wade through it. What I will give you is **basic information** posed in **simple language**, that you can use immediately to get good results. If advanced nutrition is your interest, then I can suggest the Public Library as a source of extensive, detailed and technical information.

As a bodybuilder, your diet should always be **very high** in class-A protein. This is the one fact you **must** understand and accept.

Protein is the substance of which muscles are made, and it stands to reason that an adequate supply of this vital element will insure better growth and tissue repair following heavy training.

There are many good sources of Class-A protein. Listed here are some of the best:

Poultry (chicken, etc.)	Fresh, whole milk
Tuna fish	Eggs
Bacon	Cheese
Fish	Soy beans
All organic meats	Peanuts
	Lean Meats (steak, lamb, pork, etc.)



Food Groups 1 and 6 are your BEST SOURCES of muscle-building, Class-A protein.

Getting all of your protein needs satisfied with hamburgers, steaks and chops is a rather expensive affair. Most individuals cannot afford to do this. Therefore, pay close attention to your food intake and your eating habits EVERY DAY, so that you can insure an adequate protein supply via **some** available source.

On a day when you are just unable to obtain an adequate supply of lean meats for your diet, I would advise you to drink an extra glass or two of whole milk. You might also make yourself a nice, thick tuna fish sandwich. Peanut butter sandwiches are inexpensive, too; they taste good, and supply a great quantity of high-class protein to the system.

Milk is a crucial element and part of any bodybuilding program designed to put extra weight on the trainee. However, milk is of **tremendous** value even if specifically gaining more weight is not your goal. This same fact applies to eggs. Don't eat fifteen a day, or gobble them like you hadn't eaten them for weeks; but do try to keep them in your diet, on a regular basis. I'd suggest having eggs at mealtime about four or five times a week.

A 200 pound bodybuilder can easily take five eggs with a meal. Rounded out with, say, whole wheat bread, butter, fresh fruit, a glass or two of milk and six or seven strips of bacon, this makes a truly delicious and nutritious meal.

Protein, as I've said, is a primary element. But you do need other things as well, in order to insure adequate, all-round nutrition. Carbohydrates are next on the list.

Carbohydrates provide the "fuel" that you need when enormous energy and calories are burned up in heavy training. If you attempt one of those insane "low carbohydrate" diets as some bodybuilders do, then you are inviting trouble. I repeat: your body **NEEDS** the calories and fuel that carbohydrates supply. Fail to get this fuel and you're attempting to push your body around, not **train** and **develop** it. Hard workouts take lots of energy. You can burn up more calories by training as advocated in this book for ONE HOUR than you can by working a full, eight-hour day at most jobs.

Where do you get your carbohydrate supply? From foods like these:

Spaghetti	Cheese *
Macaroni	Milk *
Potatoes (especially baked)	

\* Is of value for carbohydrates as well as protein.

Those food groupings which are your best sources of carbohydrates are 1, 5, 6 and 7.

Foods rich in calories are not "bad" for you. They are only harmful when you overeat them to the point where the calories you are ingesting are not burned up and used. Yet, if you are a truly hard-training bodybuilder who also works hard for a living and otherwise leads a normal, active and vigorous life, you NEED more calories and energy foods than does the average, sedentary person. So don't worry too much about your waistline. As long as you keep in very hard training, it won't get too big.

Vitamins and minerals are elements that protect the health, insure energy and provide resistance factors to many ailments and diseases. You could, by very careful planning, insure that you got 100 per cent of the vitamins and minerals you need, every day. But to simplify things, I strongly recommend that you use, if indeed you are not now using, a high-potency, multiple vitamin-mineral supplement. These tablets — even the best — are a very inexpensive investment. The cost comes, at most, to about ten or fifteen cents a day. Considering the enormous health benefits derived from these products, they are a wise and good investment.

When you use vitamin-mineral tablets DO NOT take the minimum dosage listed on the bottle's label. Double it, at least. This, coupled with as good a daily menu as you can prepare, will insure adequate nutrition.

Your finest food sources of vitamins and minerals are:

- Vegetables
- Soya products
- Dry beans and peas
- Fruits

Food groups 2, 3, 4 and 6 are your finest sources of vitamins and minerals.

Generally, again, it is wise for a bodybuilder to EAT PLENTY. You just don't get good results from heavy barbell training if the fuel isn't supplied to the system. Here, for your reference, is a good, sample menu for a 200 pound bodybuilder who is in hard training:

Breakfast—

- Large glass of whole milk with protein powder
- 5 eggs (any style) with 6 strips bacon
- 2 slices of whole wheat bread and butter
- A dish of fresh fruit
- 2 vitamin-mineral tablets

Mid-morning snack—

- 1 glass of milk with protein powder

Lunch—

2 thick sandwiches (tuna, hamburger, beef, etc.)

Dish of potato salad or macaroni salad

Dinner—

Large helping meat, poultry or fish

Dish of spaghetti or baked Potato

Tossed vegetable salad

Bread and butter

Large glass of milk

Coffee and dessert

That's **not** a gaining menu. That is a "maintaining" menu. You do need that much good food if you train as hard as you should.

You may obtain good protein powder or tablet supplements from any large health food store, or from many suppliers, via mail order. A glance through the pages of IRON MAN Magazine will, for example, reveal many advertisements for supplements of all types.

It is best not to take your supplements all at once during the day. Space your intake. This gives the system a better chance to fully digest and benefit from the products.

Besides a vitamin-mineral tablet and a protein supplement, I can heartily recommend wheat germ oil, and the mixed, germ-oil concentrates to you. They aid greatly in building endurance and are good for your health in general.

There is one thing that absolutely **must** be understood regarding food supplements. That is, NO MATTER WHAT THE MANUFACTURER CLAIMS FOR THEM, they cannot be regarded as an adequate "food" by themselves. Better by far never to use any supplements, yet to be reasonably careful about your diet, than to eat cartons of supplements and neglect good, basic meals.

Obtaining adequate nutrition is not and need not be made complicated. It is a question of seeing to it that you eat as much as you can eat of the basic, health-building and protective foods. If you will do this, then you'll have no set-backs due to faulty nutrition.

Do not become a "health food nut." Do not sacrifice all of your personal food tastes for what you read in some magazine article is "good for you." I know of people who do this, but they are not as big or strong or well-built as those who DON'T do it, but who simply eat a lot of good, basic foods, and train brutally hard. Remember that dietary habits vary in every nation on earth; yet every country produces its own outstanding physique men and bodybuilders. If you absolutely can't stand some item of "good"

food, then don't eat it, no matter what any "expert" says. Food should be **enjoyed**, not taken like medicine!

Eat primarily what you enjoy eating, from the basic food groups. Eliminate junk foods (pizza, hot dogs, pretzels, pie, etc.) as much as possible. These foods won't kill you if eaten in small quantity, but **first** get the GOOD FOODS into your system!

That about wraps up the nutrition end of the bodybuilding spectrum. Understand well the information in this Chapter and take real care to select and eat as much good, wholesome food as you can. It will pay you to do this.



## Chapter 5

# *Knowing Where You Stand*

(How To Test and Rate Your Progress)

There is one fundamental principle that underlies any and all methods of effective self-evaluation: NEVER RATE YOURSELF IN COMPARISON TO OTHER PEOPLE OR ATTEMPT TO COMPETE WITH THEM AS A MEASURE OF SELF-PROGRESS.

Rate yourself only by reference to yourself. Improve, grow and advance from where **you** are now, to where **you** want to go. Do "better" with regard to what **YOU** used to do; be "better" with regard to what **YOU** used to be.

Measuring, testing and evaluating progress in bodybuilding is not at all difficult. Obviously, as you see yourself employing more and more weight, you will know that — objectively — you are becoming stronger. You will see changes in your appearance, too — very encouraging ones — if you stay with your training and discipline yourself not to miss or skip workouts. But do not compare the weight you are using to anyone else's poundages; do not put yourself alongside another and see who comes out "on top." The childish "who's got bigger biceps?" game proves **nothing**. If you have 15" biceps today, and three months ago they were 13", **you** have made better and more observable progress than someone who has (and has had for two years, now) 17½" biceps. You have "gained," even if comparisons with others brings you into second or third place concerning MEASUREMENTS. Present level of development means nothing.

A person who started out with a squat poundage of 80 lbs. and who, three or four months later, is handling 160 lbs., has **DOUBLED** his strength, whereas a husky "champ" who is using 300 pounds in his squats today — as opposed to the 285 pounds **he** was using three or four months ago — has actually made **comparatively** much "less" progress. Yet, obviously, if we were to compare these two people as individuals we would be forced to concede that the 300 pound squatter has far better **PRESENT DEVELOPMENT** than the novice whose strength has doubled.

There are **THREE WAYS** in which a bodybuilder ought to evaluate himself:

1. How he looks, as opposed to how he looked (appearance)
2. How he feels, as opposed to how he felt (health and well-being)
3. How he does, as opposed to how he did (performance)

The easiest of the three items to ascertain, and one that actually requires no specific work to “achieve” is the first category of self-evaluation. If **you** don’t know how you look, it’s a cinch you’ll be told (for better or worse!) by those who are close to you. And you can’t avoid looking “better” as you greatly improve your health and your physical strength. We all look better when we’re in shape. I don’t think that anyone can improve himself by developing strength and muscle and **not** present a finer, more athletic, confident and assertive appearance.

Related to appearance is skin tone. This, actually is an inherited factor, and is quite impressive — especially if you do physique posing — when it is good. If it is not too good, don’t berate yourself. It’s not a very big deal, and it certainly need not have a too-negative effect on your actual progress unless you foolishly **let** it.

The two best examples of bodybuilders whose skin tone was really superb are Jim Park and George Eifferman. If you look at some of the photographs of these two former Mister winners I think that you will see what I mean when I say that skin tone appearance **greatly** enhanced the posing and illustrating that these two men did.

Your actual physical measurements are, also, easy to determine. But size alone is **NOT** the only thing that counts here. In 1943 the Mr. America winner — Jules Bacon — had upper-arm (i.e. bicep) muscles that measured about 16¾”. Compared to the 19” and 20” arm measurements that many publications would have you believe are “common” today, 16¾” sounds tiny. Yet, Bacon’s arms were **VERY** impressive and he was a fine, all-round athlete and strong man. The reason why Jules Bacon’s “smaller” arms looked a lot bigger than many arms which were actually larger is that Jules Bacon was a small-boned, “ectomorphic” person. I shall have more to say about physical types later in this Chapter.

What it is necessary to understand now is that **MUSCULAR MEASUREMENTS MEAN NOTHING**. Only the **appearance** of the muscle, and its strength, counts. A well-developed muscle that is properly formed in relation to the rest of a well-developed body will look fantastic. Measure your muscles if you must, but learn to attach more (**MUCH** more) importance to how they **look**, as well as how strong they actually are. If you enter physique contests, it is **APPEARANCE** and **SYMMETRY** — not mere size — that will determine how you are rated.

And, if you're concerned about how you look when you're dressed or when you go to the beach, remember that it is on your **OVERALL APPEARANCE** that people judge your build, they don't whip out a tape and start measuring your arms!

I have met so many bodybuilders who were "buggy" over measurements that it is truly a shame. They waste time, effort and energy worrying about and working for an inch more here or there, and so on. But a good overall bodybuilding schedule — correctly followed — will **naturally produce** the best measurements for the frame and type of body that you have.

The most you will need to do as an advanced trainee is to add a **LITTLE** bit of shaping or muscle molding work to your schedules. The anxiety over measurements is unnecessary and, in the final analysis, just plain silly.

The second criteria of "self-evaluation" is important. I personally believe that your health and well-being are **THE MOST IMPORTANT** things that a weight-training program builds. If you lose your money, you can always start saving again. But if you lose your health, it's not so easy to start rebuilding your "supply."

Health and well-being are enhanced automatically by proper training with weights. Everyone, for example, who is experienced in barbell work, knows that grand "it's great to be alive!" feeling produced by a good workout and a nice, relaxing shower, afterward. It's the best and only beneficial way there is to get "healthfully high!"

You can tell if your training is becoming more or less health-enhancing. When you overtrain you feel run-down, worked to a frazzle and very depleted. Sometimes this dragged-out feeling cannot be alleviated even by a night's sleep. Weight-training is, remember, the most severe method of physical culture in existence. When you take a one-hour workout you are doing a concentrated job of work on your whole body. Overtraining and too much exercise is detrimental to your health. It fails to produce a feeling of well-being or vigor, and it is quite discouraging, since the trainees who overwork do **MORE**, but get **LESS**.

So learn to take careful heed of how you **feel** in regard to your training. Workouts — even though they are tough — ought to be a positive, energy-enhancing addition to your life. They **MUST NEVER BECOME A BURDEN AND A DRAIN ON YOU**. Physical tiredness, feeling "worked" ought to give way to buoyancy and an almost physically charged feeling **after** a good workout. You can always tell if you have gotten a good session of growth-building work if you feel like you could go right back and run through your exercises again, within an hour after training is completed.

Organic health and cardio-vascular health will be easily observable. You will, quite simply, BE HEALTHIER. Your organs will be perhaps two or three times as strong as the average person's and you just won't suffer from the aches and pains so common to "average" men. You won't get out of breath when you run to catch a bus, or when you climb a few flights of stairs. You will be able to play hard, be a vigorous and hearty companion to friends, and a strong, healthy mate or lover to the woman of your choice.

Your heart, which is a muscle, will become rugged and strong and will see you through decades of healthful, joyful, happy and vigorous living.

You won't have to take a scale or tape measure to determine your "gains" in health and well-being. You'll feel and see them, every single day!

The third item — PERFORMANCE — can and ought to be rated. Here you will derive real, honest pleasure and satisfaction from seeing the great physical progress your body is making. At times, if you continue to train hard, I believe that you will astound yourself with what you can and are becoming able to do!

The way to measure progress is, remember, to rate yourself in comparison **only** to yourself. The following is an efficient, accurate guide to enable you to gauge and measure how far along the road to Herculean power you are:

### BASIC STRENGTH TEST

This test consists of a few of the basic, familiar exercises done for the purpose, **not of exercising** but of testing the body's power development. It is valuable to test yourself every two or three months.

#### MILITARY PRESS

In this and in all of the "test" items, the basis for determining the degree of excellence in power attainment is **how much is lifted** proportionate TO YOUR BODYWEIGHT. This is the only realistic, natural, accurate and meaningful way to assess your progress correctly. Arbitrarily drawn-up poundage lift goals are of no value whatever.

Fair — A person who can do a strict, perfect military press with 50 per cent of his bodyweight for one, single repetition has a fair degree of strength in his deltoid and tricep muscles.

Good — A single, strict press with 85 per cent to 90 per cent of one's bodyweight, shows good shoulder and tricep development. This level is attainable by **anybody**.

Very good — Pressing bodyweight once in good style ranks as a pretty good indication of superior shoulder, tricep and general back strength,



as well. Any advanced bodybuilder ought to be able to press 100 per cent of his bodyweight once, after a warm-up.

**Excellent** — 130 per cent of one's bodyweight or more is a tough poundage to press in strict form. Many advanced bodybuilders can't do it. Anyone who can, however, has developed an extraordinary level of power and strength in his shoulder-tricep-trapezius and upper-back assembly. Considerably over 130 per cent bodyweight in **strict** pressing, places you in the category of being among the strongest athletes in the world!

Please bear in mind that, as you advance in your training, gains in bodyweight are likely. Therefore, considerable adjustments need to be made when evaluating progress, from time to time.

One doesn't stand still! You must keep forging ahead, and improving.

## **SQUAT**

**Warning:** A warm-up set of 10 repetitions with a light weight should be done before any limit single lift is attempted.

**Fair** — Squatting once with bodyweight indicates a fair level of leg development and a reasonable degree of body power.

**Good** — 30 pounds over bodyweight for a single, strict squat shows a good level of leg development and body power.

**Very good** — Between 75 and 100 pounds over bodyweight is a very good feat.

**Excellent** — 150 pounds over bodyweight is a greatly superior lift. Significantly more than this, say, close to 200 pounds over bodyweight, shows a real weight-lifter's strength in the leg-hip area.

## **DEAD LIFT**

**Fair** — Dead lifting bodyweight once is a fair indication of physical fitness in the lower back.

**Good** — 50 pounds over bodyweight is good, but not at all uncommon. Even a strong woman can do this!

**Very good** — 100 pounds over bodyweight is very good, and shows superior development.

**Excellent** — 200 pounds over bodyweight means that you are on your way to becoming a human powerhouse!

The foregoing is an excellent and brief test that will indicate to you the progress you are making. Think in terms of always becoming **STRONGER** for this will, if carried out, lead ultimately to becoming much more muscular and better-built.

Here are some other good ways to rate your progress in development:

### SIT-UPS

To test the fitness of your abdominal muscles it is useful to have a slant board. 30 non-stop good repetitions with a 5 pound plate held behind the head is a good indication of solid, healthy abdominal muscles. If you can do five sit-ups with 25 per cent of your bodyweight you have grade A "abs."

### PRESS BEHIND NECK

This, as an exercise, is the best shoulder-builder you can do. You should be able to do 20 pounds under bodyweight once, in good style, if your shoulders are at a high level of development. A bodyweight press in this fashion is excellent.

### CURL

50 pounds under bodyweight for a single, strict repetition means superior arm flexors. Anything approaching bodyweight in the standard curl indicates Herculean arm muscles.

### BENCH PRESS

Bodyweight for one repetition means pretty fair tricep-pectoral and frontal shoulder strength. 100 pounds over bodyweight will show a really good level of progress.

Beyond what I've given you, you need nothing more to measure your actual progress as a bodybuilder. Do not expect too much too soon, because **significant** progress does take time. Keep working hard. You can only improve if you do! The small increases of 2½ or 5 pounds every now and then in your exercises add up. This you will come to see as the months gradually roll by.

### Bodyweight Standards

What you weigh, like what you measure, rarely counts for anything. I am sure that you have seen those nicely drawn-up height-weight charts as compiled by the life insurance companies. And if you were to attempt to use those standards in figuring out your own "healthy or unhealthy" bodyweight, you'd lose your marbles! Why? Because those charts are made up for relatively sedentary, non-athletic (certainly non-WEIGHTLIFTING!) and quite physically "average" people. You don't use such ridiculous standards when you weigh the body of an experienced, hard-training lifter.

To illustrate the point just made: This writer has an **extremely** light and small bone structure. His frame, according to the "experts" who peddle life insurance, ought to be about 135 to 140 pounds — tops. This is about all the bodyweight a sedentary, non-lifting or non-athletic in-

dividual ought properly to carry on a very slender, 5'10" frame. Yet, the author's bodyweight, at this writing, is over 180 pounds.

A recent physical examination indicated PERFECT blood pressure, PERFECT heart and lungs, and PERFECT all-round good health. The author, please note, trains very hard, thrice weekly with weights, and practices karate on three or four alternate training days. He is extremely active physically, and were he to cut his weight down to the "approved" 140 pound maximum, there would be absolutely NO WAY for him to retain the strength, health and development that he does now retain. Needless to say, the extent of his physical training efforts would also have to be drastically reduced, if not eliminated entirely.

The weight your body carries, by itself, is **not** what matters. It is **what type of weight** (i.e. muscle or fat) it is, that counts.

Again, to use the example of this writer's own experience. If the 180 pounds of bodyweight carried were fat, then he would definitely be grossly flabby and over-weight; but the fact that the weight is solid, is actually a boost to good health and an aid in strength maintenance.

There is no Mr. America or Mr. Universe today whose bodyweight — according to "accepted" standards — is not excessive. So it ought to be clear to you that the only possible accurate way to determine if your bodyweight is satisfactory is by how you LOOK, how you FEEL, and how your body PERFORMS. Any other standard simply will not work accurately and realistically when applied to hard-training lifters. At the advanced level, especially, bodybuilders are outside the same class as ordinary people when it comes to standards of any "physical" kind.

Theoretically, you can keep piling on bodyweight indefinitely, so long as you don't put more on in fat than is healthy (note: a certain degree of exterior fat IS A NECESSARY AND HEALTHY FACTOR). However, at the advanced level, you will find that overall bodyweight tends to stabilize, and that you get a "feel" for your best bodyweight. Nobody can tell you what that particular weight will be when you reach it, but you will know.

### Physical Types

One thing that most definitely does affect your gaining and your progress, and which is outside of your control because it is completely hereditary, is your "physical type."

Many years ago a Dr. Sheldon of Harvard University experimented by conducting numerous studies of individuals and their basic bodily structures. The results of his study indicated that three Basic Human Types exist, speaking in the physical sense. They are:

### 1. Ectomorphic people

These are persons who have naturally slender, light bones and are characterized by a usually quite thin body. (As mentioned, the writer is one of these. Also, be reminded that Jules Bacon, the 1943 Mr. America, was "ectomorphic" in structure, too.)

### 2. Mesomorphic people

It is usual for persons who have predominantly mesomorphic tendencies to show fantastic results from intensive barbell training in a very short time. These naturally athletic people are the ones who are usually termed "easy gainers," and who possess the finest-looking bodies, when fully developed.

### 3. Endomorphic people

The BIG ones! These persons excel in weight-LIFTING. They are naturally big and strong, with thick, powerful bones, ligaments and muscle fibers. The World's Top Lifters are endomorphic in structure.

Most persons are not extreme in any one category. Their physical characteristics predominate in one, and significantly lap over into another. John Grimek, for example, is **PREDOMINANTLY MESOMORPHIC** with endomorphic characteristics. Paul Anderson is a **PREDOMINANT ENDOMORPH**.

There is nothing you can do about your type except ignore it, and train hard. Train to develop yourself to your own natural maximum in both size and strength and you will end up by looking great!

To give you an idea of how type affects, say, ultimate measurements, consider:

The wrist measurement of a small-boned trainee who stands 5'10" is about 6 $\frac{3}{4}$ ". A medium-boned trainee's wrist would be about 7 $\frac{1}{2}$ ", and a heavy-type might have 8 $\frac{1}{2}$  or 9" wrists.

Now, as a **general principle** (please note: this is not a hard and fast rule) it is possible to build one's upper arm so that, when flexed, it exceeds one's wrist measurement by 10". Remember, in this context, the 16 $\frac{3}{4}$ " bicep of Jules Bacon. So, a small-boned trainee with upper arms taping about 16" will easily look as impressive as a big man with 18" arms.

It is not too good an idea to dwell on measurements. Everybody is different, and it is certainly not the intention here to pre-set anyone's goals or expectations. If you are, for some personal reason, absolutely dead-set on building solid, 17" arms on a light frame, you can **probably** do it with enough disciplined, hard work and concentration. And if you were



blessed with an especially good potential, but neglect it, then you are sure to fail to build up satisfactorily.

Your body's education, like your mind's, depends largely on you. Put in the effort, keep at it, don't permit discouragement to get a foothold, and always strive to do more and better, and you'll make it big — even with a relatively "poor" potential.

We cannot escape our type and we cannot, in all probability, become huge, world lifting champions with a slight potential. But ANY PERSON LIVING can improve and develop greatly.

Rate yourself — and build yourself — according to what **you are**. That is sane, sensible physical training!

## Chapter 6

### *The Best Exercises*

If one were to add up the total number of exercises that can be done with progressive-resistance equipment I imagine that about four or five hundred exercises would be discovered. With further thought and experiment, no doubt many more — perhaps up to one thousand — exercise movements could be discerned in the training repertoire. Yet, fortunately, it is not necessary to train on, or even to know about, the vast majority of bodybuilding exercises. In preparing this particular Chapter, for example, I personally considered very carefully and DISCARDED one hundred and seventy-three exercise movements. To have utilized any of these exercises, I found, would have been merely to encourage readers to plod along on, and to experiment with, comparatively worthless, non-productive variations of “secondary” exercises.

The greatest physiques in the world did not evolve by accident. They are the result of hard, persistent work over a protracted period of time. Work on the exercises you will learn in **this** Chapter.

I am aware that if one thumbs through the majority of bodybuilding publications he will find many complex (sometimes **ridiculously** complex!) routines and programs outlined for his “guidance.” Some very few of these schedules are worthwhile. Most are junk. Too often, the authors of these “programs” and articles get carried away with their belief that to sell articles one must keep presenting something new and different. One month a reader is given program “A” to follow — next month, it’s routine “B” and so on. And what really makes this sort of thing bad is that the different schedules are NOT merely sound variations of the important exercises — but are, instead, compilations of the “unusual” and the “foolish.” This is so self-defeating for the person who attempts to utilize it, that it is — in my judgment — almost criminal.

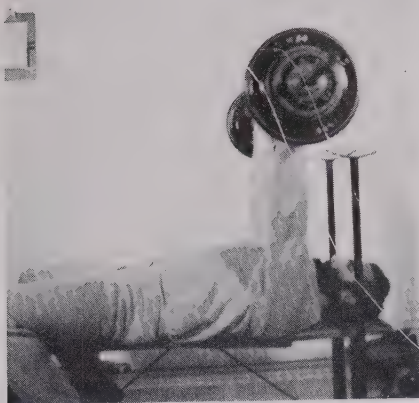
The best, basic exercises are the **ONLY** ones you ever have to, or ever should, concern yourself seriously with in building your body. In Chapter Seven I will discuss and elaborate upon the lesser “little” exercises



Ready to bench press, position 1. Bar is touching chest, across nipples. NEVER press from neck! Arms go down and back fully, to provide maximum contraction-expansion range during exercise.



Full lock-out — position 2 in the standard, heavy-duty bench press. No arch to the back! Be sure to keep a solid, tight controlling grip on the bar when you do bench presses. This is probably the best tricep exercise known, as well as a fine chest (pectoral muscle) and shoulder builder.



The bench press is the basic chest builder. It is also the single finest exercise for the triceps and frontal deltoid muscles, as well. Work very, very hard in your bench work, and you will be rewarded with superb upper body power and a fine chest and arm development. Note the model's strict exercise style. Although you must use heavy weights, this good style must never be sacrificed.



Wrestler's Bridge Exercise. Without special equipment it is possible to build very strong, well-shaped neck muscles. This exercise is about the best neck builder there is. The model is shown using a folded towel to ease the pressure on the head as this movement is done. A similar padding is recommended for any trainee (unless his head is unusually thick!).

which, even in the case of a Mr. America, ought **never** to comprise a **significant** part of the workout program.

Beginners must **NEVER** depart from their schedule of heavy, basic exercises. This rule is absolute. Advanced barbell men who have attained good results in size-strength-shape gains can profitably spend about 5 per cent to a maximum of 15 per cent of the workout time and energy on "shaping" or "little" exercises — but never more than that!

Just what makes a "basic exercise" basic, and **why** is it so important for one's best development to use basic exercises?

A basic exercise is an exercise that enables you to employ **MAXIMUM POSSIBLE** weight resistance for that muscle group which is being worked in the movement. It is an exercise which does **NOT** isolate the primary muscle group which it works, but, instead, throws the heaviest burden of effort **predominantly** upon the muscle group it is working, and, due to its vigorous and heavy nature, brings other related muscle groups into play as "assistants" or "stabilizers" to the primary muscle group being exercised.

Basic exercises are important because they are the only possible means of actually producing **SIGNIFICANT** and **LASTING** growth in the body areas they are designed to work. Because they do the overall best job of working the muscle groups, they enable the trainee to **STEADILY** improve, simply by steadily increasing the efforts that are demanded from him when he trains on these movements.

Although it is certainly true that programs of exercise built around these "basic" exercises are **harder** than any other type of routine, it is also true that programs built around the basics are the **only** ones that can produce truly worthwhile results. I say that the goals of effective bodybuilding are:

**BIG, SHAPELY MUSCLES**

**MUSCLES THAT HAVE THE POWER AND STRENGTH  
TO BACK UP THEIR APPEARANCE**

**MUSCLES THAT ARE "HARMONIZED" AND WELL-  
COORDINATED — ATHLETIC**

**A HEALTHY AS WELL AS A GOOD-LOOKING BODY**

Only programs of heavy-lifting, built around the good, hard, basic exercises can give us the gains we are seeking, if the above four items constitute an accurate picture of what we want.

The one drawback to training on the big exercises is a psychological one: it can be difficult to discipline yourself to work this hard. But, if this is your problem, go right back to Chapter Three and **MEMORIZE** what it says!



## Your Basic Exercises

Let us take, one by one, the major muscle groups of the body, and set down the basic exercises needed to build them. Remember please that a **program** built around a few of the basics will produce great progress in developing OTHER body areas as well. You do not need to do an exercise for every single muscle group you've got, in order to get a good workout. It is appropriate to point out, in this context, that the **STRONGEST MAN IN THE WORLD** — Paul Anderson — concentrated upon only **TWO** exercises in building his **entire body**. These exercises were the **PRESS** and the **SQUAT**. Paul's entire physique, however, became so awesomely powerful that every muscle group in his body became positively Herculean!

Perhaps the great bulk and size of Paul Anderson is not what you, as an individual, want for yourself. Nor do I wish to imply that such tremendous development is possible for everyone to achieve — regardless of how he trains. However, I mention Paul Anderson's case to get part of my point across. **ALWAYS CONCENTRATE ON THE BIG, HARD, HEAVY-DUTY EXERCISES!** They are the "Royal Road" to great development!

### NECK AREA

Any general bodybuilding or lifting program will automatically develop a strong, husky neck. However, if a specific exercise is desired for neck development, the best is the "wrestler's bridge." As one becomes ad-



The press behind neck. In the author's opinion is the best single shoulder exercise. Work into heavy weights, and always use good style. Alternate this movement with the regular press in your routines. Keep a very secure grip on the bar, and stand erect.



Completion of a press behind neck. Note the very strict style of performance. Also, the arms go fully up — maximally contracting the shoulders and the triceps.

vanced, it is possible to do "bridging" on one's back, with a barbell held at the chest or at arm's length. Employing a sturdy headstrap device to do neck lifts and rotations against resistance is also a good means of building this body part.

## SHOULDERS

1. The Press Behind Neck is the single best shoulder exercise in existence. It should constitute 95 per cent if not **all** of the shoulder training you do.

This exercise, like any heavy-duty, basic pressing movement done in an upright position, enormously benefits the arms (triceps) and the upper back (trapezius). When very heavy weights are used, the need to balance and keep oneself upright benefits the lower back muscles (erector spinae).

You can do your behind-neck-pressing either sitting or standing up. Because heavier weights can be used in the standing position, this is probably the best variation of the exercise. Yet, every trainee ought to try the movement while seated, as this too is very, very productive. Reg Park regarded this exercise as **NUMBER ONE** for shoulder development. He once did 300 pounds for repetitions (!!!) with this exercise.

The Canadian Hercules, Maurice Jones, also used the press behind neck widely, and there is not a physique man anywhere (regardless of what many articles about these men may lead you to believe) who does not owe most of his shoulder development to the press behind neck. It is a truly superb exercise.

The proper way to do this exercise is by rapidly and forcefully going through the repetitions. Do **NOT** make it a slow movement, and be very careful — especially when handling a heavy weight — not to drop the weight back, behind the neck. **Lower** it.

When a very heavy weight is employed, it is beneficial to do your presses directly off a pair of squat racks, rather than go through the process of lifting the bar from the floor to behind the neck for each set.

2. The regular Military Press is second only to the behind neck press, and it is one of the finest shoulder-tricep-back exercises in existence.

In military pressing **DO NOT** imitate the weight-LIFTERS who "cheat" in order to raise heavier poundages by "laying back." You must force yourself to press very strict, even if it means handling less weight, if you want to get good results from pressing.

Do not look up when you press. This encourages layback. Look straight ahead, and raise the bar in a kind of semi-circle past your face, then **straight up**, and back down again. You can press either standing or sitting. Seated presses with a barbell are very, very rugged!



The incline bench press can be done with either a barbell or, better still, with heavy dumbbells. This will produce wonderful results for chest, tricep and shoulder development. Keep body well braced as shown, and lower arms fully for the best possible range of benefit.



Pressing with dumbbells adds interest to a routine from time to time. Use **HEAVY** weights, and permit yourself no layback. Look straight ahead, not up, and work very, very hard. This is a fine shoulder builder.

Variations of basic pressing that are very good and that will produce exceptional results are:

- a. two-dumbbell pressing (press two dumbbells simultaneously from the shoulders to straight overhead, then lower). Seated or standing is good.
- b. single, one-dumbbell military pressing. Try to press very strict and to stand as upright as humanly possible.
- c. alternate heavy dumbbell pressing. Try to press each arm alternately **without** using the momentum gained from the retreat of the opposite arm.

## BICEP-FOREARMS-HANDS

1. Basic Barbell Curl. This exercise will produce huge, powerful biceps, but **ONLY** when the weight employed is extremely heavy, and when good, strict form is maintained in "curling" and in lowering the bar. When a trainee works hard at curling he inevitably gets good forearm, wrist and hand development. Very few trainees appreciate how **REALLY EXCELLENT** the basic barbell curl is. The major reason why bodybuilders fail to obtain satisfactory results from the barbell curl is a lack of adherence to strict form when they exercise. It is very easy to cheat in the barbell curl, and very tempting to try, because — properly done — the barbell curl is a very hard exercise. But this is the **BASIC UPPER-ARM BUILDER** and it will pay you to put forth a 110 per cent effort on it. Do **NOT** use bent or cambered curling bars! These **detract** from, rather than

enhance, the beneficial effects of the exercise. These bars prevent a full, hard contraction of the biceps.

Start of the curl. Note arms are **FULLY EXTENDED**.



Completion of the curl. It is important to keep cheating to a minimum in this movement, and to use a weight that necessitates cheating only in the last rep or two. This is the best upper arm exercise in existence. Keep a tight grip, and try to curl the wrists toward you; this builds the hands and forearms.



This is the correct way to do the seated concentration curl. This is **NOT** a basic or necessary exercise, but many advanced trainees wish to use it after their heavier work to give shape to the muscles. Work from full extension to full contraction.

Sitting down and curling with two heavy dumbbells is a favorite arm exercise of just about every top bodybuilder in the world! Work from full extension to full contraction and **DO NOT** sway the body! Strive for the heaviest possible weight resistance in this basic arm exercise.





Variations of the basic curl are —

a. two dumbbell curling (simultaneous). The dumbbells must be heavy, or don't bother to train. Use strict style, too. The dumbbell curls are very effective whether done sitting or standing, and many find that sitting down permits better concentration in curling. Sitting down on an incline bench, and doing the heavy, two-dumbbell curl from this position, is one of the best ways to build big, strong biceps. Reg Park and Steve Reeves both favored this last-mentioned variation.

b. alternate two-dumbbell curling. A very good exercise, and one that also can produce fine results when done in a sitting or standing position. Effective also, when done on an incline bench.

## CHEST

1. For development of the pectoral muscles nothing approaches **HEAVY** bench pressing with a barbell. Do NOT do bench presses from the neck! Only from the chest. Pressing from the neck is very, very dangerous! Do not permit the bar to "bounce" off the chest, either. Do the exercise rapidly and keep the big bar in motion without letting it hit your chest. Just get a **slight** rebound effect. You can alternate between a very wide hand-spacing on the bar (for maximum stress on the breadth of the pectoral muscles) or on a narrow hand-spacing (which emphasizes tricep development in the upper arm). The standard, medium-grip is good for all-round chest, frontal deltoid and triceps building. Bench pressing is probably the finest **tricep** exercise that you can do. The benefits to your triceps are not, of course, the primary reason why we do bench presses, but this is one sure advantage to be gained from this exercise! No specific triceps exercise is necessary when pressing (and especially heavy **BENCH** pressing) is employed in your workouts.

Variations of the basic Barbell Bench Press —

a. incline bench presses. These have a tendency to develop the upper portion of the pectoral muscles more than flat bench pressing does. Also, incline bench presses have a very fine effect on the frontal deltoid (shoulder) muscles. When preparing for physique contests, many men prefer the incline bench press to the flat bench press (using dumbbells), because a greater symmetry is built with the deltoid-pectoral muscles. This is called a "delt-pec tie-in" by bodybuilders.

2. bench pressing with **HEAVY** dumbbells produces very fine pectoral muscle development — although the effect on the triceps is somewhat lessened. Lower the dumbbells somewhat to the side and never "on" the chest, when bench pressing. Take advantage of the greater stretch that this exercise permits, and really let the weights come down far, giving the rib box a good workout.

### Variations of this exercise —

a. incline bench presses. Provided heavy dumbbells are used, this is one of the best upper-body exercises, strongly affecting the chest, shoulder, tricep, back and neck muscles. But the weight's got to be heavy! Reg Park and George Eiferman both found this exercise to be very valuable. Eiferman had what many believed to be the finest chest development ever seen.

3. For stretching the rib-box (which is 50 per cent of effective chest building) nothing approaches the simple, light two-arm pullover exercise. Do it on a flat bench, preferably right after a heavy exercise that has induced heavy, forceful breathing (like squats, dead lifts, etc.). Take deep, deep breaths between repetitions and aim for maximum stretch. Handling an empty bar is plenty if the exercise is done correctly. Supermen need no more than 25 pounds!

The best variation of the pullover is —

a. pullovers with light dumbbells.

### UPPER-BACK AREA

1. The standard bent-over rowing motion is the single best back exercise you can do. But unless you really go "all out" and constantly strive to handle the heaviest weights possible, in GOOD FORM, there is no way to get anything but superficial results from this exercise. The bent-rowing exercise with a barbell produces excellent arm, trapezius, shoulder and



Start of the pullover. Begin to inhale as the backward motion of the bar commences. This insures a full stretch to the rib box and very healthful breathing exercise. Arms should be straight when bar goes back and is pulled forward.



A full stretch in the two arm breathing pullover. For best results use a set of about 15-20 pullovers after each set of squats. DO NOT use a heavy weight. The model is using the bar alone, and for actual use by even a very strong man, this is enough.

forearm gains, too. It is a marvelous exercise that fully deserves your best efforts!

In doing bent-rowing one may use a fairly wide hand-spacing, or a narrow one. Every sort of variation to this exercise is good, and should be worked into one's routine from time to time. The bar may be pulled to the chest, or to the stomach. I always urge trainees to **LIMBER UP THEIR LOWER BACKS** before doing really heavy bent-rowing. This is a safety and comfort precaution. Do some toe touches, getting a full, slow stretch in the lower-back area.

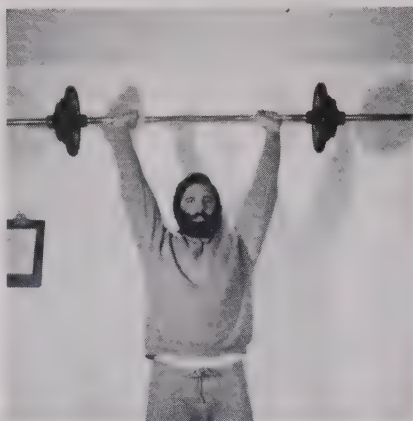
2. Heavy rowing, done with a single dumbbell — alternating left and right



A good, basic press in completion. This exercise must be done in strict style with eyes straight ahead. Do not lay back as lifters sometimes do in competition. This robs the shoulders and triceps of good work. →



Starting to press. A solid stance and a secure grip insure that a maximum output of effort will be made in this basic, very important exercise. Although the model is looking slightly upward at the start of this movement, he will look forward and straight ahead, not up, as the exercise commences. Many feel that simple, basic pressing is the best shoulder exercise a man can do. It is certainly an essential movement.

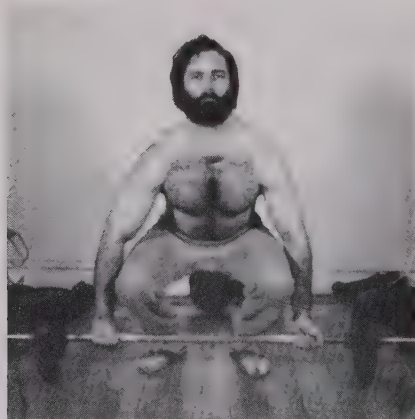


Rear view of the basic press. Bar is pressed up and slightly back for maximum development of total deltoid (shoulder) structure.



Ready to squat. Position 1 of what is, probably, the single best barbell exercise known. Make sure the feet are a comfortable distance apart, and that you are well balanced before you squat. When a respectable weight is used in this exercise, padding behind the neck is suggested.

Low position 2 in the basic squat. Although the model is using a very light poundage in this exercise, it is necessary, at times, to work into extremely heavy resistance with the squat, for the best all-round results. Commonly, the author of this book works into 250 pounds for reps and sets (at a bodyweight of 180 lbs.) for general body development. Head up; back flat; tight grip on bar.



Ready to dead lift. Feet are secure on floor; back is flat; grip is tight; head is up. Many consider the basic dead lift to be one of the best exercises for developing rugged, overall bodily power. It is surely a vital exercise to develop basic strength and muscle.

Position 2 in regular dead lift. Note "under and over" grip of hands. Model is posing with a very light weight for the purpose of illustrating the exercise; but this type of grip should be used whenever a heavy or limit weight is lifted in the bench press. Arch back and keep eyes ahead as you come up.





sides — is on a par with barbell rowing as an upper-back builder. Work as strict as possible in this exercise, and always place the non-exercising hand on a low bench or chair for balance, support and stability. When you do rowing with a single dumbbell you should strive to pull **up** and slightly **back** in a vigorous motion, rather than merely “lifting” the dumbbell up and down. Some bodybuilders prefer this variation to the barbell bent-rowing motion. However, no trainee ought to employ this movement **exclusively**. After a period of time on one-dumbbell rowing, go back to barbell rowing. Alternate between these two exercises over the months and years, and you will have back development of which you will be truly proud!

## LOWER BACK AREA

1. The Stiff-Leg Dead Lift has every other lower back exercise beat hands down. It is not the only good lower back exercise, and it is certainly not the only one you should use; but it is the single best one. The important thing to keep in mind when employing this exercise is **DO NOT DO ANY OF THE LIFTING WITH YOUR HANDS**. Only the lower back muscles “work.” It is the job of your hands merely to serve as connecting links between the bar and yourself — to hang on to the weight — but **never** to do any of the actual lifting. This exercise, when properly done with a heavy weight, produces an iron grip as well as a strong back. It is a forearm builder beyond comparison!

I have heard it advocated by some instructors that only a light poundage should be employed in the stiff-leg dead lift, due to the possibility of lower back strain or injury. I cannot agree with such a viewpoint. It is true that only a light weight should be used **AT FIRST**, but the lower back strengthens very rapidly, and has the potential for developing an enormous degree of power. Therefore, I insist that extremely heavy weights can be — and **must** be — worked into in the stiff-leg dead lift.

The best variations of the exercise —

a. stand on a sturdy bench or high, solid block and lower the weight beyond the feet. This is **ADVANCED TRAINING** only, but it can give you lower back muscles with the power of spring steel! And it will give your body the flexibility of an acrobat.

b. the barbell “bend-over” (“good morning” exercise). This movement, strictly speaking, is not a dead lift at all. But its method of exercising the lower back works on the same principle as the stiff-leg dead lift. This is a popular exercise with competitive weight-lifters. You must hold the bar securely behind the neck, and not let it roll forward or bounce against the neck when you bend over.

2. The standard Dead Lift is a good exercise for building the lower back. Certainly, it is one of the best exercises for building overall, rugged body power. In doing this exercise it pays to employ an "over-under" type grip with both hands. That is, grasp the bar with one hand palm facing towards, and another hand with palm facing away from you. This will permit the handling of really heavy poundages. Especially is this true if you "psyche" yourself up, prior to attempting a heavy set!

### THIGH-HIP STRUCTURE

1. The Squat. This is the single best and most important exercise in existence. It will do so much for ANY trainee — beginner or Mr. America — that it would be downright stupid to ever leave it out of any training schedule. Squats alone constitute a workout if you do them properly. If you are physically under par, squats will transform you, and turn you into a mountain of muscle — if you work hard enough on them. They will produce true Superman Power Gains! The best way to do squats is to go down to **slightly** below parallel position — never lower — and rebound right back up again, with a weight that makes you fight for every repetition. Take one or two very deep breaths between repetitions. Keep a folded towel under the bar so that the weight doesn't hurt your neck. Keep your back as **FLAT AS POSSIBLE** when you squat, and keep your head up. Don't "drop" down into a squat, but lower yourself with a reasonable degree of speed, keeping the **MUSCLES UNDER TENSION AT ALL TIMES**. Rebound up after hitting bottom — **DON'T PAUSE!** Keep feet in a comfortable, balanced position, toes aimed **OUT** — not straight ahead. Basic variations of the squat are —

a. breathing style squats for weight-gaining. You do these with no more than bodyweight on the bar, and take **FIVE** huge breaths between each repetition. You may go somewhat lower when you do breathing squats than when you squat heavy, because the lighter poundage causes no strain whatever to the knees.

b. the straddle-lift. This is a very fine exercise for building the thighs and hips. It is good for increasing overall body power, as well.

c. the front squat is simply a variation of squatting where the bar is held in front of the body — supported at your sternum, elbows **up**. Some trainees find this method of squatting comfortable; others don't. Stay with the standard squat if trial and error proves the front squat to be uncomfortable to you. In either the regular or the front-style squat you may find it helpful to keep the heels elevated on a 2" x 4" block. This is optional, however, and it is entirely up to you whether or not to use this in your training.

**CALF MUSCLES** — Note: squats build calves, and a specific calf exercise is not mandatory.

1. Standard calf raises are done with a moderately loaded barbell across the shoulders. Do it from each of three positions: toes out, toes in, and toes straight ahead. For best results, work BAREFOOT when you exercise the calves. A calf machine is certainly an asset in advanced training, where a goal may be entry into physique contests. But, even without a calf-machine, difficult-to-build calf muscles will respond to hard work as described.

2. You can do one-leg calf raises with the exercising foot on a block (2" x 4") to work each leg through a fuller, more complete range of action. Alternate legs, and, when advanced, hold a dumbbell in one hand for resistance. Use the free hand to steady and to balance yourself.

## ABDOMINAL MUSCLES

1. Sit-ups. Done on a high incline board while holding a barbell plate behind the head for resistance, this exercise is the single best abdominal developer. There are TWO crucial factors to be borne in mind when doing sit-ups, if you wish to derive maximum benefits from them:

1. First, remember that the body is "rolled" or "curled" forward in the sit-up — never jolted upright or pulled to a sitting position.

2. Second, keep the knees flexed and bent — thus insuring that the abdominal muscles, and not the back, will bear the full brunt of the effort.

2. Leg Raises. These should be done with a dumbbell held between the feet, or with iron "health shoes" strapped to the feet. They may be done



This is the barbell bend-over or "good morning" exercise. A truly fine bodybuilder and lower back developer, the movement works the lower back thoroughly — in a manner similar to the stiff-leg dead lift. Place padding behind the neck when a heavy weight is in contact with your shoulders.



One-arm rowing is a superb upper back and arm builder. Work must be done exclusively with the arm and back muscles to be effective. Lower the weight to the floor, but do **not** let it rest on the floor, until your set is done. Keep opposite hand well braced.



Reg Park considers the bent-rowing to be the single best back exercise. It is certainly the finest upper back builder you can do, and if you handle really heavy weights in good style, it will produce marvelous all-round upper body development. Do NOT bob up and down, as this robs the back, arms and shoulders of valuable exercise.



The stiff-legged dead lift is the single best lower back exercise a man can do. The author feels that it is second only to the squat as a super bodybuilding exercise. If you are very advanced, try doing your stiff-leg dead lifts on a bench or high box (as shown). This will build a very strong, and extremely flexible and athletic body when heavy weights are worked into.

flat on the floor, on a flat bench, with the legs extended over the end, or on an abdominal board (hands at the ELEVATED portion of the board) legs extended downward.

Good variations are —

- a. alternate leg raising which is done in a rapid, "scissoring" motion, hips OFF the ground.
- b. hanging leg raises, which are properly executed from a chinning bar or other strong overhead support.

Those are the BASIC EXERCISES. They should constitute the major part of your concern and efforts throughout your bodybuilding career.

In the next Chapter you will learn about many variations of the less-important "shaping" or "pumping" exercises. But you are warned beforehand that a heavy emphasis on such training can only lead to ultimate failure. They are included in this Guide only to give you adequate material for a full understanding of the bodybuilding field, and to prepare you, when you are ready, for contest preparation.

For now, though, let us stand back from the ground we've covered, and reassess our list of BASIC, NECESSARY exercises. Let us ask the very important question that follows logically from an understanding of all of the "basics":





The sit-up on a slant board is perhaps the best all-round abdominal developer and waist-reducer. The model is holding a ten-pound barbell plate behind his head for added resistance. Note that the knees are **bent**. This takes strain off the lower back and shifts the heaviest burden of effort onto the mid-section, where it belongs.



The leg raise with iron boots. One of the finest abdominal exercises in existence. You can use your flat bench to do the leg raises; and by holding onto the barbell supports, you can easily maintain steady, strict exercise style. High reps are generally advisable with most abdominal exercises.



Using a headstrap is a good way to acquire powerful, well-developed neck muscles. This is one very effective supplementary exercise that you may wish to use from time to time in your training. Work into heavy weights gradually. If you do too much too soon, you'll get a (literal!) pain in the neck!

### What Constitutes a "Routine" or a "Program"?

An effective program should provide a thorough, hard workout to the entire body. It should, above all, give **INTENSIVE GROWTH STIMULATION** to the major muscle groups so that the entire physique will become stronger and better proportioned. However, it is not possible to do too many exercises at any one time without seriously defeating our

purpose of stimulating growth. Remember, it is not how **much** but how **well** and **hard** we train, that ultimately matters.

Although this book contains three complete bodybuilding courses, I want to explain, here, how you may effectively set up your own routines and keep changing schedules over the years so that you do not get misled into following any inefficient, non-productive methods. If you learn these principles, and couple them with the courses you will find in Chapters Eight, Nine and Ten, you will be able to train effectively and productively for the rest of your life. Too, for those who need it, two other courses — both complete — are to be found in Chapters Eleven and Twelve. One is a Gain-Weight Program and the other is a Weight-Reduction Course.

Returning to our main question though: "How do we know how to **USE** the basic exercises to build routines?"

Every effective bodybuilding routine (aimed at building power, shape, size and health) **must** contain the following:

1. A **PRESSING** MOVEMENT OF SOME KIND
2. A **SQUATTING** MOVEMENT OF SOME KIND
3. A **HEAVY BACK-BUILDING** MOVEMENT OF SOME KIND
4. AT LEAST **TWO OTHER** exercises geared to developing the primary muscle groups, but never more than a **TOTAL OF NINE EXERCISES — DONE IN SETS — IN THE WHOLE "ROUTINE."**

That's the **formula**. Think about it **carefully**; go over it, **LEARN IT** and **USE IT**. That formula will apply if you become the most powerful or muscular man on earth! It will apply **ESPECIALLY** when and if you ever decide to employ shaping exercises in your schedule, because without the "meat and potatoes" of a good, solid program, the muscle shaping work will prove to be no more than a splendid waste of time! And the formulas will prevent you from using **TOO MANY** of those silly little shaping movements.

There is no point in my listing the dozens and dozens of effective bodybuilding schedules that you can set up with the "4-Step Formula" I've given you. You can figure that out very, very easily by referring to the basic exercises in this Chapter (and the shaping movements to come in the next Chapter). If you feel that you want a pre-planned and mapped-out course, then refer to the three that are given later in this Guide.

### Two Theories of Bodybuilding

Briefly, I want to discuss the two general theories of barbell training. The one says that we should use light weights and keep pumping away until our tongues are hanging down to the floor, and the other says train brief, train hard and train heavy. This last is the theory and method

propounded in this book. I will have no truck with the opposite theory! It is bad for your health, does **not** actually "build" anything, and merely takes away many, many hours of your time and energy each week. It inflates muscles rather than builds them. It produces about as much "power" as does lifting ping pong balls.

A trainee is advised to use between six and eight repetitions for arm, shoulder, chest and most back work — and to use at **LEAST** eight repetitions (and up to 20) for any leg, lower back or abdominal and calf work. Two sets is about right for most intermediate trainees if their poundage in the exercise employed is **HEAVY**. Three sets is plenty for the most advanced bodybuilder — if he works each set **HARD** enough.

That is sensible, healthful and productive training for all-round good progress.

In the pumping method, fanatics go as high as six, seven and eight sets of as many as ten repetitions per set. This, I submit, is lunacy. Proof of its self-defeating nature can be seen in those "pumpers" who, for some reason or another, are forced to miss a couple of workouts, and who rapidly "deflate," losing the products of many, many hours' training. Training for pump is like walking on a treadmill. When you stop, you're back where you started.

Please keep in mind that excessive pumping exercise is detrimental both to your progress (in lasting growth) and to your health. **DON'T DO IT!**

The training methods advocated in this book are the methods that produced the finest physiques and strongmen in the world. If you will study and restudy them, and make honest, persistent efforts in training, you cannot help but succeed.

## Chapter 7

### *Shaping Exercises*

The majority of advanced bodybuilders do way too much as far as shaping exercises go. They pump away on concentration curls, etc., falsely believing that this is BUILDING their bodies. **It is not.** The role of shaping exercises in a bodybuilding schedule is as a method of "polishing up" an already "built" body.

The single, important rule for employing shaping exercises in a program is: "Keep the shaping exercises to a **maximum** of no more than 15 per cent of the total workout." You must never, never, never let light pumping and shaping movements become the core of your program. This will only defeat your own ends, ultimately.

You will recall the method by which actual muscle growth is stimulated by heavy weight training (see Chapter One). Fiber breakdown occurs and, as a result of the rest and nutrition following the workout, the muscle is rebuilt in a bigger and stronger state. However, there is one thing that occurs during heavy exercise, only to a moderate extent, that gives the **impression** of "immediate growth." That is PUMP — or the natural congestion in the working muscles caused by increased blood flow through these areas during training. A minor degree of pump is unavoidable and is, in a certain sense, beneficial and needed for actual growth. It is the blood, after all, that carries the nutrients to and through any muscle being worked.

But pump IS NOT GROWTH. It is a temporary **tissue inflation** caused simply by congestion in the working muscle. Good, heavy exercises then, do two things: they break down the muscle fibers **and** cause a heavy blood flow (moderate "pump") in the muscles that are worked.

Shaping exercises, for the most part, result **ONLY** in pump and maximum congestion of the muscles. However, since the actual muscle fibers being worked are **NOT BROKEN DOWN**, they are not significantly affected by shaping exercises. Gains in **POWER** and lasting **SIZE INCREASE** are not available from pumping.



When I say that no size gains are attainable I mean that no **actual** muscle growth results from training on shaping exercises. The temporary "inflation" of the muscle tissue is not growth, it is merely the **APPEARANCE OF GROWTH**. Were it "growth," then **strength** would develop with it; for you cannot increase a muscle's size, without increasing its strength.

Why then, in view of the foregoing, do bodybuilders use routines based on shaping and pumping exercises? Because such training is **EASIER**, it presents a satisfying, quick appearance of size increase, and very few people are willing to put in the hard work it actually takes to build solid muscle. That's why.

Why do we deal with shaping exercises at all, in this book? Why do I devote a Chapter to a form of exercise that is without value?

Shaping exercises are **not** totally without value. They do nothing as far as actually increasing the size and power of the muscles; but, if used as an intelligent **SUPPLEMENT** to advanced, heavy training, they can produce benefits by the increased blood congestion they provide — assuming that only a **MODERATE AMOUNT** of this sort of training is done!

Remember, the increased blood flow can lead to growth **ONLY** when the muscle fibers have been broken down. If a greater blood flow to any given muscle is stimulated **without** tissue breakdown, then there is no actual "use" for the blood-nutrients which are carried to the muscle via "pump." This is why **only** heavy exercise builds muscle. It is the only form of exercise that **breaks down** fibers and causes a **NEED** for new growth.

The role of shaping exercises in an advanced program is to provide a **slightly** higher rate of blood flow to the broken-down fibers so that an **abundance** of blood-nutrients will be provided to the fibers which were exercised and broken down. The extra tissue "inflation" is only a by-product of the pump attained — it is **NOT** a goal in itself (despite the fact that many trainees **make** it their goal).

You are **NOT** to do pumping and shaping exercises until you are advanced. You are **NOT** to do pumping and shaping exercises merely to "inflate" and bloat up the muscles with artificial "size."

#### Knowing When You're Advanced Enough For Shaping Exercises

Before we **do** shaping exercises it is a good idea to have something there to shape! When you are handling very heavy, respectable poundages in your basic schedules and when your body has filled out to the point where it is truly solid and muscular (and can no longer be mistaken



One of the finest forearm, wrist and hand-grip exercises is the wrist roller movement. Stand on a bench to let the weight go down fully, and wind it slowly until the hands really ache! This exercise is very effective in many sports conditioning programs, where the trainee requires strong hands (i.e. judo, karate, wrestling, gymnastics, etc.). 5 to 10 minutes, four times a week is plenty.



The concentration curl. Strive to isolate the bicep action by immobilizing the arm, and forcing only the bicep-forearm assembly to do the work. Try to maximally contract and "cramp" the muscle. The upper body and legs must not move.

for a bamboo shoot!) THEN and ONLY THEN are you ready for supplementary shaping exercises in your routine!

Some trainees may need two or three years of hard, hard work on the heavy exercises only, before they can do supplementary pumping and muscle-molding with profit. And remember, also, that many superb physiques are the product of the heavy, basic exercises **exclusively** — and many husky, powerful bodybuilders **never** employ light, muscle cramping movements in their workouts.

Assuming then that you are very advanced, well-bulked and strong, that you have a physique that is filled-out, and solid, you may set up your routines so that a small percentage of the work is of a "muscle shaping" nature.

The following gives you a breakdown of the body areas that can derive some benefit from shaping exercises, and the most effective shaping exercises to use in training them. (Examples of how the shaping exercises are to be employed in your training will follow) —

**ARMS (Forearms, biceps, triceps)**

For the forearms, a fine supplementary developer is the "wrist roller" exercise. This ought to be done with a moderate or light weight tied to the rope, and worked **steadily** for **at least** five minutes. The forearm pump

produced by this movement is truly fantastic, especially when the exercise is carried out for a full ten-minute period!

The best way to use the wrist roller is to stand on a strong box or bench and extend the arms so that the weight provides full resistance, and hangs free of the bench or box you're standing on. Wind the weight as slowly as possible, in a deliberate, "grinding" motion.

Forearms also receive enormous benefit and muscular pump from the bicep and tricep exercises to be described. The slow, deliberate action in either bicep or tricep work greatly affects the forearms, too.

The biceps "shaper" is the seated concentration curl. In doing concentration curls be sure to —

1. keep a VERY TIGHT and secure grip on the dumbbell
2. **look at** your bicep as you do the exercise
3. **stabilize** your exercising arm by bracing it firmly against your leg
4. extend and contract your arm FULLY in each repetition that you do
5. work until another repetition is absolutely painful
6. NEVER exceed three sets

Generally, the foregoing six points have application to ALL shaping exercises, once you grasp the principles involved.

The only other biceps shaping exercise that you will need to know is the seated curl with a swingbar. A "swingbar" is simply a short, 14" dumb-



Curling with a "swingbar" was a favorite exercise of Steve Stanko (who had arms like tree trunks!). This movement is primarily an isolation type exercise, although it is a better muscle builder than the concentration curl. Lower arms fully.

No exercise builds the triceps like bench pressing, but many advanced trainees like to pump and shape their triceps with the triceps extension (shown above). Use ONLY A LIGHT WEIGHT. Fully lock out the arm before lowering it slowly behind the neck.



John Grimek used to favor the alternate forward raise with dumbbells — and it is probably the finest exercise known for the frontal deltoids. Keep back straight; the less cheating, the more muscle!



Lateral raises in a bent-forward position are very good for the shoulders. Use only light dumbbells, since a heavy resistance will make you cheat, and will rob the deltoids of benefits.

bell bar with the plates loaded in the center so that the two ends can be held by both hands. When you employ the swingbar curl you should incline your body forward to throw maximum tension on the upper arms. Do not “flap” the wrists, but keep a very secure, controlling grip throughout the full set of repetitions. A slight pause at the high point proves beneficial to some trainees, when they do this exercise. Use no body movement to assist in this exercise. Use a weight that makes you feel definite resistance, but not one that prevents good form. Lock-out arms after each repetition, and curl them fully.

The triceps pumper is the single-arm dumbbell extension. NEVER use a heavy weight in this exercise, since to do so can severely injure the elbow joint.

The important thing about this exercise is the LOCK-OUT and full contraction when the arm is straightened above the head. Do not let any swing from the body or sway in the shoulders assist your triceps in doing the work. The weight must be very light — even for a man capable of bench pressing 250 or 300 pounds! The leverage in a triceps exercise is very odd, and it can cause, as I’ve said, injury to the elbow joint. “French presses” with a barbell are a fair alternate to triceps extensions with a dumbbell — but, especially with the naturally heavier barbell, it is necessary to guard against the employment of too much weight.

The very popular triceps “kick-back” is, in my judgment, inferior to the triceps extension. It does not have too much merit, and I wouldn’t advise its inclusion in a routine.



Never permit body swing to assist in the performance of your triceps shaping exercises.

#### SHOULDERS (Frontal, side, rear)

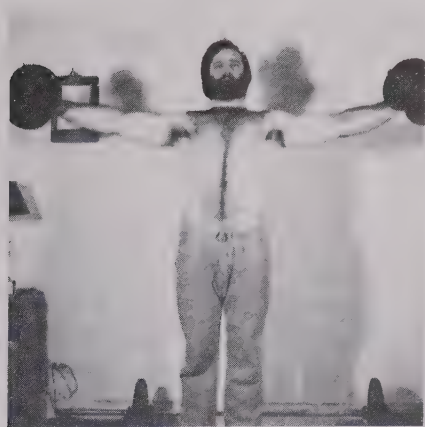
For the frontal deltoids the best — and only — shaping exercise is the alternate forward raise with dumbbells. This exercise can, surprisingly, be used with a heavy weight — ONCE YOU GET USED TO IT. But don't try this at first, because to do so would cause cheating, and, as a result, the whole movement would become a waste of time. Incidentally, I mean 30 or 40 pound dumbbells, when I say "heavy." For a shaping exercise, that's plenty!

A worthwhile variation of this exercise is to do it with your back to a wall so that absolutely no cheating whatever is possible. Keep a tight grip on the dumbbells, and lower them deliberately and steadily, to derive full muscular benefit.

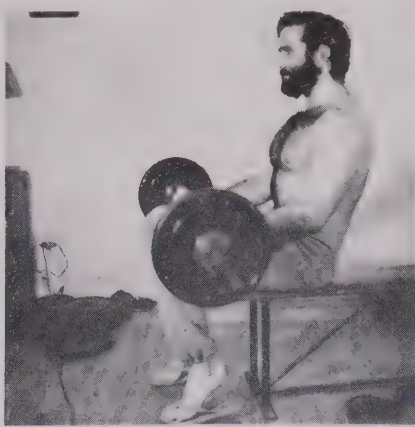
The side (lateral) deltoids receive a great pump when the standing or sitting dumbbell lateral raise is performed. This exercise, like the one just mentioned, ought to be done with very good style, with deliberate, slow movement and with very light weights, at first.

Some people may find that doing lateral raises with each arm separately gives better results. This is a variation worth trying.

The rear (posterior) deltoids can best be pumped up by the bent-forward lateral raise. For this exercise the arms may be bent, but they



Standard lateral raise. Use only light to moderate bells for this movement. Do not swing the weights up — **raise** them.



The seated calf raise is very effective in building stubborn calf muscles. Use a 2 x 4" block under the balls of the feet for even more extension in the working muscles.

The "Hack-Style" squat is popular among the Muscle Beach type of trainee who wants big thighs, but is afraid of building his hips. Steve Reeves deliberately used this movement instead of the standard squat, because he was more interested in appearance than in power. This is a worthwhile exercise if done OCCASIONALLY — but not exclusively.



must be raised fully for each repetition, WITHOUT allowing the body to come erect above a position that is parallel with the floor.

#### CHEST

Lying on a bench, you can do lateral raises with a pair of light dumbbells, and this will aid in better definition around the pectoral muscles. HIGH REPETITIONS!

Lying back on an incline bench and doing lateral raises is yet another good chest "pumper."

#### BACK

The best pump-producer for the upper back is very strict, high-repetition chinning. The body absolutely must be lowered to the full arms-extended position, and raised to the highest pull-up position for each repetition. Using a "Lat Machine" is good for obtaining back pump. High repetition prone hyper-extensions pump the lower back, but few bodybuilders are interested in this area's outstanding appearance.

#### THIGHS

Hack-style squats done very strictly for moderately high repetitions with a moderate poundage will provide excellent shaping and molding exercise for the thighs. This exercise was a favorite of Steve Reeves, as he was much averse to developing excessive size or bulk in his hip-thigh region. Thigh extensions with either weighted boots ("iron shoes") or on a professional thigh extension machine are very effective for pumping up and congesting the fronts of the thighs. Thigh curls will get to the backs of the thighs and will prove useful for totally shaping the legs, and bringing out a "rounded musculature" prior to a physique contest.

#### CALVES

No special shaping exercise beyond the calf raises already described.

One variation to the calf raise that is useful, but is not strictly speaking a “shaping” exercise, is the **seated** calf raise. This seems to be very effective in stubborn cases where calf development is unusually difficult to attain; it is done with the balls of the feet on a 2” x 4” board, with the barbell resting across the upper legs.

## ABDOMINALS

The only really efficient way to define and shape the abdominals is by very, very high repetition work on sit-ups, leg raises and-or any abdominal “favorite” you may prefer. Fifty to 100 repetitions a set, for three or four sets would **not** be too much.

## NECK

No special shaping exercise is done for the neck. In setting up any routine that will include shaping exercises, remember — **BASICS FIRST**.

The **FORMULA** given in Chapter Six applies here, and before we organize any sample program of shaping exercises, we need—

1. A heavy pressing exercise
2. A squatting exercise
3. A heavy back-building exercise
4. At least two other basic, heavy-duty movements  
(free choice of which)

And, we know that once this program has been decided upon, we cannot add more than enough exercises to bring our routine’s total to more than **NINE** exercises in all. This means, in short, that sound, efficient bodybuilding programs will have at **least SIX** good, general basic exercises, and **NEVER MORE THAN THREE** shaping exercises. And we will work so **HARD** (won’t we!) on our basics that only a minimum of 15 per cent of our total training effort will go into the shaping movements.

If you will consistently adhere to this sane, sensible method of organizing your schedules you will find it virtually **IMPOSSIBLE** to set up poor routines!

Since most bodybuilders have what I call an “arm obsession” — and since most are interested in developing bigger, shapelier and stronger arms, this is an example of how the principles of training thus far discussed will guide you in setting up an “arm specialization schedule” — **FIRST** —

Our “Essentials”

1. Press Behind Neck 2 sets of 8 reps
2. Parallel Squat 3 sets of 15 reps
3. Stiff-Leg Dead Lift 2 sets of 12

## SECOND —

Our "Optional Basics"

1. Bent-Over Rowing 3 sets of 8 reps
2. Bench Press 2 sets of 12 reps
3. Heavy Curl 2 sets of 8 reps

## THIRD —

Our "Shaping Exercises"

1. Seated Concentration Curl 2 sets of 12-15 reps
2. Triceps Extension 3 sets of 10 reps

That is our entire routine, AND NOTE THAT WE HAVE NOT NEEDED TO EMPLOY MORE THAN **EIGHT EXERCISES**! No crazy, extended programs. No marathon routines. Is the workout "too easy"? A "snap"? Just "for beginners"? Who are you kidding! Try that schedule with **REAL WEIGHTS** — work strict, hard and steady. Then see what "Hard Work" means!

In actually training on the program, it would, of course, be wise to change the **ORDER** of the exercises, so that the program is maximally efficient when we train on it. So, in case you want to try the schedule, use it like this:

1. Press behind neck 2 x 8
2. Squat 3 x 15
3. Bench Press 2 x 12
4. One-arm triceps extension 3 x 10
5. Bent-rowing 3 x 8
6. Heavy barbell curl 2 x 8
7. Seated concentration curl 2 x 12-15
8. Stiff-leg dead lift 2 x 12

That routine, worked to its limit, is real Mr. America training. It is as tough and rugged as a workout can possibly be made. If you're a glutton for punishment, you can tack sit-ups or leg raises onto the routine for a full nine exercises.

The same principle in organizing training schedules applies to **any** form of training, no matter what your ultimate "specialization" purpose may be.

This is a very appropriate place to bring up the question of the so-called "Split-Routine" form of training. In these schedules trainees spend five or six days a week training. They employ training for the upper body on two or three days of the week, and for the lower body on the remaining



two or three days. This, they believe, lets them “do more.” And, in a way, they are right. BUT, it is NOT HOW MUCH YOU DO, BUT HOW WELL YOU TRAIN AND HOW HARD YOU WORK OUT, that matters.

Usually, the trainees who embark on Split Training very intensively and seriously lose all semblance of a normal, balanced life. They literally exist in order to train.

To my way of thinking, bodybuilding is a means to an end, and the goal is a better life, made possible by greater health, strength, confidence, and physical ability. So, therefore, I am wholly against “Split Training.” I believe, to be perfectly frank about it, that it is suitable for odd-balls, but not for responsible adult men.

There are plenty of other things to do on your days between training aside from “more training”!

There is, aside from my personal philosophy(!) a very sound and valid reason for avoiding split routines like the plague: they are, in reality, a waste of time.

THERE IS NO APPRECIABLE DIFFERENCE BETWEEN THE MR. AMERICAS WHO TAKE AN HOUR OR TWO THREE OR FOUR TIMES A WEEK TO TRAIN, AND THOSE WHO SPEND THREE HOURS, SIX EVENINGS A WEEK AT THE GYM!

The body reaches a point of diminishing returns very quickly when truly HARD training is employed. The fact that many advanced men have **accustomed** their bodies to doing such an enormous amount of work does not mean that it is 100 per cent effective or productive.

After about an hour or an hour and a half of rugged, hard, concentrated training, your body has **had it**, no matter who you are! Maybe you can keep pumping out reps, but, believe me, you’re just wasting your time, and exhausting yourself for nothing, as far as more growth is concerned.

Train the whole body, three times a week, as HARD as you possibly can. Forget split routines; you can’t profit from using them.

Shaping exercises have a place — a limited place — in your training. When you are ready for them, go back over this Chapter and learn how to use them **sensibly**.

## Chapter 8

### *The Best Basic Barbell Course*

This course may be employed either by beginners or by the most advanced barbell trainees. It is intended to give a good, all-round workout to the entire body. The only equipment required for employing this Course is an adjustable barbell (standard or Olympic) and a strong set of squat racks. An abdominal board is desirable, but not entirely necessary.

#### Special Instruction

Beginners NEVER do more than one set of the specified repetitions. Advanced pupils never exceed three sets of each exercise when following this Course.

Beginners: Before going from one set per exercise to two sets, train **steadily** for at least FIVE MONTHS, always striving to add weight to what you can correctly handle. Do six to 12 repetitions, adding a repetition after every **two** workouts. Add weight when 12 repetitions are reached, then go back down to six repetitions again. In squats start out with 12 and go up to 18 or 20 repetitions. Use 25 repetitions in abdominal and any calf work you may do.

Use six to eight repetitions per set in all arm, shoulder and heavy chest work. Use eight to 15 repetitions per set in all leg and back work. Use about 20 repetitions per set in all abdominal and calf work.

ALWAYS STRIVE NOT TO "CHEAT" WHEN YOU DO YOUR EXERCISES. Cheating is permissible **ONLY** for the final one or two repetitions of any given set. IT ABSOLUTELY IS NOT A GOOD WAY TO TRAIN WHEN IT IS EMPLOYED EXCLUSIVELY FOR ALL REPETITIONS DONE IN ANY EXERCISE. This rule applies to all three courses and all exercises described in this Book.

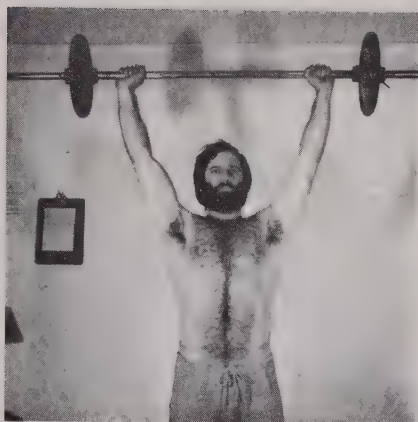
#### EXERCISE ONE — General Warming-Up Movement

The barbell should be held as shown, always lifting with a flat back. The weight is raised straight up — almost in a "line" — from the floor to overhead, with arms fully straightened and extended. Then lower.

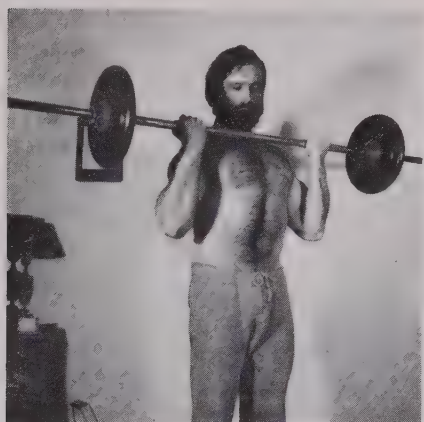
Do approximately six repetitions with a light weight. It is not necessary



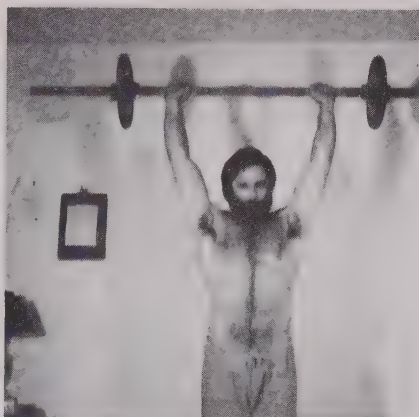
Beginning of the warm-up or "Flip Snatch."



Position 2 in warm-up or "Flip Snatch."



Completion of the basic curl. Contract forearms, and bring wrists inward. Keep elbows close to the body and do not "cheat."

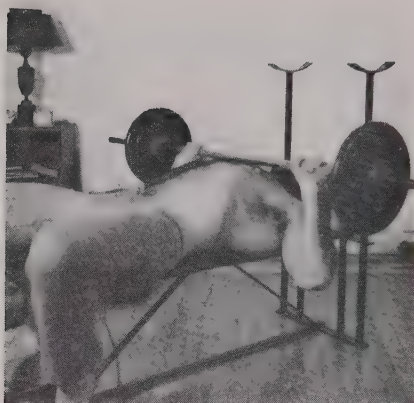


Completion of a strict press behind neck.

to increase repetitions or add too much weight in this exercise. This movement is done purely for warm-up purposes.

## EXERCISE TWO — Standard Heavy Barbell Curl

The work in this exercise absolutely **must** be done with arms alone. More cheating is done by trainees in the barbell curl, than in ANY OTHER exercise! And **that** is why so many fail to obtain good results from the movement! Keep elbows close to the body. Use a somewhat close grip — never a wide one; maintain a good, solid posture, and work the arms through a full range of motion (i.e. full extension to full muscle



Bench press — ready position.



Bench press — position 2.



Ready to squat — position 1.



Basic barbell squat — low position.

contraction). Keep your grip **very** tight, very strong, and very “controlling” when you do this, or any other exercise. This point about a secure grip is one very helpful tip that I pass on to you and urge you to employ whenever you train. It helps. Six to 8 repetitions is good; and always add weight!

### EXERCISE THREE — Press Behind Neck

Do this exercise with as heavy a weight as you can possibly handle. Work with a rapid, fairly rhythmic pace, taking care **NOT** to let the bar “drop” behind or on the neck. Work very, very strictly.

The best way to do this exercise — especially when heavy weights are employed — is to have the bar fully loaded, and placed upon your squat racks. Press right from the racks, and when the set is done, return it to the racks. Do six to 8 repetitions.





Basic stiff-leg dead lift. Keep a very tight position with your feet and a strong grip.



Proper position for sit-up exercise. Knees bent to throw greatest work on abdominals; hands clasped behind neck; body is "curled" up — not jerked up. Elbows may touch knees.

#### EXERCISE FOUR — Standard Barbell Bent-Rowing

Limber up your lower back by doing about a dozen toe touches and some light stretching. Handle **BIG** weights in this exercise. Avoid the tendency to bob up and down as you pull the bar to your upper body. This robs the shoulders, back and arms of valuable muscle-building work.

Lower the weight to a full arms' extension. If you cheat in your rowing you are cheating yourself out of benefits from what is probably among the best **THREE** upper body exercises in existence! About 12 repetitions (never less than 6 or 8) is effective. **AND USE HEAVY WEIGHTS!**

#### EXERCISE FIVE — Bench Press (Using A Fairly Wide Grip)

As you become accustomed to doing this exercise with a wide grip you should attempt to keep boosting the poundage you use. Many physique stars prefer a full, collar-to-collar grip in the bench press; and if you work into a heavy weight, that's really rough going!

Do not bounce the bar off your chest. Work rapidly and get a muscle rebound action just as the bar barely touches the chest, then raise it back up fast, with arms fully locked. Avoid arching the back. Repeat approximately six to eight repetitions.

#### EXERCISE SIX — Parallel Squat (Taking Two Deep Breaths Between Repetitions)

If you go below parallel position then you should not attempt to handle more than bodyweight on the bar. Best results, however, for general bodybuilding, are obtained when the heaviest possible weight is used in



Stretch position in the basic, two-arm pullover exercise. Inhale in the above position, and exhale when you pull the bar forward. Never use more than 25 lbs. in this exercise if your purpose is to expand the rib box.

the squat. So do your squats by going down only so far as your thighs being parallel with the floor. Keep **BACK FLAT** and **HEAD UP**. Eight to 20 repetitions.

#### EXERCISE SEVEN — Light Deep-Breathing Pullovers

If you are doing more than one set of squats, then follow each set with a set of pullovers. Aim for maximum stretch, and to fill your lungs with lots of air. Breathe in as the bar goes **back**; breathe **out** as the bar comes forward. Do 15 repetitions.

#### EXERCISE EIGHT — Stiff-Leg Dead Lift

Keep a **very** secure grip on the bar with both hands, but do **not** do any of the actual lifting with your hands or arms. Arch fully backward after coming to the erect position after each repetition. Keep the exercise style smooth and rhythmic. A jerky, bouncy type of action in this movement can injure the lower back. Do at least eight repetitions, and work into **REALLY HEAVY** weights.

#### EXERCISE NINE — Sit-Ups With Weight Resistance

Use an abdominal board if you have one. Otherwise, load a barbell heavy and hook your feet under it to hold them in place as you do your sit-ups. Keep a barbell plate behind your head to add to the benefits of this fine exercise. Remember: Keep knees **BENT** and **ROLL** the body **up** and then **back**. Do 20-25 repetitions.

If you have only a barbell to train with, then the course outlined here will give you optimum results. It is the best, single "barbell-only" course that I know of.

Follow the instructions and illustrations carefully. Apply all of the advice and training information in the earlier Chapters when you use this Course. You won't find progress too difficult to attain if you do!

## Chapter 9

### *The Best Basic Dumbbell Course*

Dumbbell training, while definitely inferior to barbell training for the development of maximum bulk and power, has its advantages. It will usually be easier to train in a crowded or congested area with dumbbells, and these harder-to-balance weights have a tendency to produce good definition and coordination in the trainee. Even a person who does have a heavy barbell with which to train would do well to train for a month or two, every now and then, exclusively with dumbbells. They break the monotony of steady, basic barbell work, and they add novelty and interest to the workouts.

For the convenience of readers who wish to know the best possible Course of pure dumbbell training they can follow, I have presented it in this Chapter.

This is a bodyBUILDING Course. Although it consists of dumbbell exercises exclusively, they are the heavier, basic type of dumbbell exercises — not “shaping” movements. This Course will build solid, large, well-shaped muscles.

#### EXERCISE ONE — Two Dumbbell Swing To Warm-Up

Although given here as your warming-up exercise, this movement is one of the best lower-back conditioners there is. It is a fine flexibility and physical-fitness producer. Instead of holding two dumbbells, you can use only one, if you prefer. In such a case, the free hand rests on the knee, and you change the hand holding the weight after half of your repetitions have been completed. Do 12 to 20 repetitions.

#### EXERCISE TWO — Two-Dumbbell Simultaneous Press

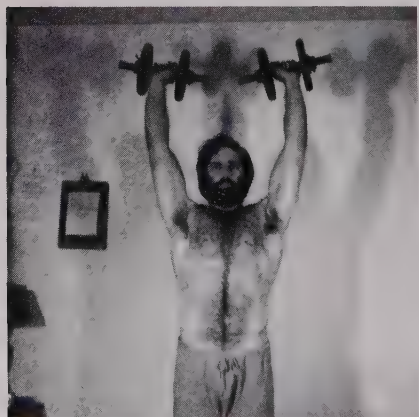
Keep erect, don't look up, and do the exercise in moderate slowness. Press the bells **slightly** back as they go overhead. You may do this exercise sitting or standing, as you prefer. Do eight to ten repetitions.

#### EXERCISE THREE — Two-Dumbbell Curl (Seated)

Do this exercise sitting back on an incline bench. Steve Reeves used to work this movement so hard that he had to kick the bells up with his



Position 1 in the basic, two-dumbbell press. Keep a very secure, controlling grip on the bells, and do NOT lean back as the weights are pressed overhead. It is necessary to work into very heavy poundages with this exercise.



Position 1 for the incline dumbbells press. This exercise is favored for a "high" development of the pectoral muscles, and for building powerful shoulders as well. George Eiferman favored this movement, and his chest muscles won him honors at physique events!



Start of the dumbbell swing between legs. This is a fine warm-up exercise, as well as being one of the best back builders — if heavy weights are used. Position two is a swing with the bells between the legs. Beginners always make the mistake of not coming to a good erect position and that is why this part of the exercise is shown. Arch the back slightly; keep head up and arms straight.



Dumbbells press — position 2. Look straight ahead and, again, do NOT lean back. Strict form means better shoulder development. Make sure that the arms are locked out fully at the conclusion of this exercise.





Press on incline bench — position 2. →  
Full lock-out. Tense the chest muscles hard. Lower deliberately to position 1.



←  
Reg Park and Steve Reeves both favored the incline dumbbells curl! Position 1 is shown above. Arms must be FULLY EXTENDED and the work restricted to the biceps, hands and forearms as the curling is done.



←  
Position 2. Contract the biceps muscles hard, and keep the upper body flat against the bench. Lower the weights to position 1 slowly and deliberately.



Ready position 1 for the squat with dumbbells. The model is shown using very light weights, but a pair of fairly heavy bells are needed to get the most out of this exercise.



←  
Proper squat position with dumbbells. Balancing the dumbbells gives bonus exercise benefits to the shoulders and arms. Breathe deeply.



This is the starting position for dumbbell pullovers. Only a very light weight need be used, but maximum stretch and chest expansion must be strived for. Inhale as the bells go back. Exhale when they are "pulled over."



Full stretch — the final position for dumbbell pullovers. Note that the chest is deliberately lifted high, and the rib cage expanded, during the performance of this movement. Arms should be straight, or only very slightly bent. Tight grip on the bells.



Correct starting position for the single dumbbell rowing exercise. **FULL EXTENSION OF ARM IS NECESSARY.** This exercise is most effective when no cheating is done.



Position 2 for the one-dumbbell rowing. This exercise builds the upper back, and develops very powerful arms when correctly done. Don't swing or sway the body, but strive for very strict, deliberate movement. Work into heavy weights.

knees, for the last couple of reps! Lift only with the arms. Lower **SLOWLY** and **lock-out** the arms for full extension. Do eight to ten repetitions.

#### EXERCISE FOUR — Incline Dumbbells Press

Work very hard on this one. Heavy weights are mandatory, and let the

→  
If you don't have a pair of iron health shoes, you have only to improvise by using a light dumbbell held between the feet, to give you very fine results — via resistance — in your leg raises. Don't try this with a heavy dumbbell — use only a light weight you can easily control.



←  
Start of the dumbbell side-bend. Use a dumbbell that gives plenty of resistance, but not one that is so heavy it prevents proper form. Be sure to bend straight over to the side, not to lean forward (a common error which I've found among novices).



→  
Position 2 in the dumbbell side-bend. Truly one of the finest all-round waist reducers known, this exercise deserves an important place in your routines. Keep free hand behind the neck or head to give maximum stretch to the side muscles, and to help burn off fat.

arms go back **fully** after each press-up. Do 12 repetitions a set.

#### EXERCISE FIVE — One Dumbbell Rowing (Bent-Over)

Work very strict and very heavy. Keep the non-exercising hand braced firmly on a bench or other support. Do eight to 12 repetitions.

#### EXERCISE SIX — Squat With Bells Held At Shoulders

You can't escape the squat! Keep your back very flat and squat right down to the floor. With dumbbells the resistance won't be so great that a knee injury would occur. Do 15 to 18 repetitions a set.

### EXERCISE SEVEN — Pullovers With Dumbbells

Use about 7½ or 10 pounds each bell. Same method of execution as the light barbell pullover. Do 15 -20 repetitions after each set of squats.

### EXERCISE EIGHT — Leg Raise Holding Dumbbell With Feet

This is a magnificent abdominal toner and overall body conditioner. Hold the dumbbell between the feet if you can't use iron boots for resistance. Do 20 repetitions.

### EXERCISE NINE — Side Bend With One Dumbbell

Surely one of the best conditioners for the waist. This aids in keeping a trim, solid mid-section. Do 15 repetitions, each way.

There you have your Dumbbell Course. Follow the same general information about sets, etc., that were given to you in the last Chapter regarding how you should train on this program.



## Chapter 10

### *The Best Basic Barbell-Dumbbell Course*

The best possible way to employ weights in developing your physique is to use a **combination** of barbell and dumbbell exercises. This method is the proven way of building true "Mr. America" bodies. It is also the most interesting and enjoyable way to exercise.

Here is what I personally consider to be the best all-round course of combined barbell-dumbbell exercise that a man can train on. It is very rugged when more than one set per exercise is used; and of course, it is very, very productive of good results.

#### EXERCISE ONE — Warm-Up With Dumbbell Swings

Same as warming up procedure described in dumbbell course.

#### EXERCISE TWO — Seated Incline-Bench Dumbbells Curling

Same as exercise three, in dumbbell course.

#### EXERCISE THREE — Seated Heavy Press Behind Neck

You will have to use slightly less resistance in seated pressing behind neck than you employ in this exercise when done in a standing position. However, in the case of an advanced trainee, it is somewhat more valuable at times to do the exercise sitting. This seems to really throw a tremendous burden of work directly onto the shoulders; more so, in a sense, than when the exercise is done standing. Do six to eight repetitions per set.

#### EXERCISE FOUR — One-Dumbbell Rowing

Same as exercise five in the dumbbell course.

#### EXERCISE FIVE — Incline Barbell Press

Do this exercise on a **moderate** incline. The idea here is to throw a large burden of work upon the upper-pectoral (chest) muscles and the frontal deltoids (shoulders). Go **HEAVY**, and use a **WIDE** grip. Do eight to ten repetitions per set.

#### EXERCISE SIX — Squat

Same as exercise five in barbell course.

## EXERCISE SEVEN — Dumbbells pullover

Same as exercise seven in dumbbell course.

## EXERCISE EIGHT — Stiff-Leg Dead Lift

Same as exercise seven in barbell course.

## EXERCISE NINE — Sit-Ups on Abdominal Board

Always strive to do this with a heavy weight held behind the head. Do 20-25 repetitions.

This course is as appropriate to a relative beginner as it is to a Mr. Universe physique star. The difference in use would come from the poundages employed, sets, concentration, etc.

When properly worked, the barbell-dumbbell program herein presented is brutally hard and, consequently, surprisingly effective.



Press behind the neck - seated. Keep back very straight and eyes ahead. Tight grip on bar



Completion of a seated press behind the neck. DO NOT lean forward or back. Although less weight will be used in this seated press than in the standing press behind neck, it is a very fine exercise.



Incline bench press with a barbell. This is the final, "lock-out" or press completion position. Look at the bar, keep the back flat and the feet firmly on the floor.

## Chapter 11

### *Gaining Weight*

Recently, I had to consider getting a larger apartment. I needed an extra room to put all of the letters I get from readers of my magazine articles who were asking how they can put on the added weight they want!

It seems that, aside from building ARMS, gaining weight is a major problem among weight-trainees. And that's too bad, because putting on good, solid bodyweight is, even for a **hard gainer**, not too difficult if he is prepared to expend some real effort in the right training and in seeing to it that he eats and diets correctly.

To gain weight there are certain **absolute rules** that are required for success. If you follow them, you **WILL** gain weight. Here they are—

1. Workout only three times a week for only forty-five minutes per workout. The amount of time you spend training is a critical factor, and you should see to it that no exercise period exceeds three-quarters of an hour. It may, however, consume **less** time, if you wish.
2. Get plenty of sleep and rest adequately. If you are between the ages of 15 and 22 you should get about nine or ten hours of sleep every night. A bare minimum of eight hours is mandatory for anyone — regardless of age — who needs to put on more bodyweight.
3. Avoid participation in any other sports, games or strenuous activities until you have put on enough bodyweight to satisfy yourself.
4. Make a concerted effort to be calm and to avoid nervous emotional states or upset. Tension and anxiety can burn up calories like a day spent shovelling snow!
5. Train **ONLY** on the program given you in this Chapter and don't give in to the impulse to do **ANYTHING ELSE**!
6. Drink two to three quarts of whole milk every day. This is as important as your training for putting on muscular weight. Some persons have used up to a **GALLON** of milk per day to put on extra bodyweight.

7. Eliminate junk food **entirely** from your system. Don't cut down on them — eliminate them!

Follow a wholesome diet, only. Use the sample menu plan in this Chapter as a guide to making up your "gain-weight" meals.

Any very thin or underweight person who is about to embark on the advice in this Chapter should **FIRST** get a thorough physical examination with his doctor. This is to determine if the existing underweight condition is caused by organic or glandular irregularities. In the vast majority of cases poor diet, physical neglect and a defeatist attitude are the "villains" responsible for any run-down physical state. But it is sensible to be sure.

In a gain-training program you must become a sort of "specialist" as it were, on one exercise: the Breathing Squat. This exercise is so effective — when done properly — for weight-gaining, that it is common to refer to the weight-gaining formula as "Squats and Milk."

Squats will transform your body. Even if you are a veritable wreck now, you can so significantly build up on squats alone, that I am sure you will come to love this one exercise! Squats are hard work. But believe me, you will never be so well-rewarded and paid back for effort expended as you will be from hard work spent on squats. Your gaining program will include other exercises besides the squat — but the squat is **NUMBER ONE**. Nothing even approaches the squat in results it can give or in the value it has.

Because of the crucial role that the Breathing Squat plays in your gaining program, I want to go over — step by step — everything involved in doing **GOOD** squats. **Memorize** the exercise description that follows, and work at using it when you train. You'll soon be waving goodbye to "scrawniness" forever!

**STEP ONE:** Fold a thick towel and place it behind the neck. This prevents the heavy squat bar from cutting into your neck.

**STEP TWO:** Get under the squat bar (which must be placed upon strong racks, **then** loaded) and secure the weight by taking firm hold of the bar in both hands as it is lifted upon the back.

**STEP THREE:** Step forward or back, away from the racks. Place feet about twelve to 14 inches apart and point toes **slightly** outward.

**STEP FOUR:** Lift your head up and take five huge, deep, gasping breaths of air through your **MOUTH**. Fill your lungs and blow it out **HARD!** Take a sixth breath — **HOLD IT — NOW . . .**

**STEP FIVE:** Squat to slightly below parallel position with as flat a back as you can maintain. It is helpful to keep your eyes looking slightly up and



ahead, at an imaginary spot on the wall in front of you. This helps to keep good form and balance throughout the exercise.

**STEP SIX:** Come up on a rebound and blow out the air you've been holding in.

**REPEAT UNTIL AT LEAST TWENTY (preferably 25) SQUATS HAVE BEEN DONE.** You should, on occasion, try to do **THIRTY** squats in this style.

When you've finished your squats you should be completely wiped out. If you're not, and if you can walk normally to your flat bench to do your pullovers, then you've been relaxing not working out.

After the squats, do 20 to 25 deep-breathing and stretching pullovers. Use an empty barbell bar — **NO WEIGHTS ATTACHED.**

The method of doing squats just outlined is so effective that no amount of praise from me can fully make you appreciate its worth. If you will **DO THE SQUATS** you'll know what I mean, and you'll see **NOTICEABLE GAINS WITHIN THREE SHORT WEEKS.**

If your will-power does not give out, then a two to three month period of gain-training in this manner will truly make you look like a new person. It is possible to gain forty pounds of solid muscle in that time if your diet and training is right.

Handling heavy weights in the breathing squat is desirable, but not 100 per cent necessary. You do not have to exceed bodyweight on the bar — but as your bodyweight rises, so must the squat poundage.

After one month of gain-training with bodyweight it is not a bad idea to begin striving to go above this amount of resistance. But **NEVER** squat below parallel position with more than bodyweight on the bar; and do **NOT** add weight if it prevents good style throughout execution of the exercise itself.

Here is your complete Gaining Schedule . . .

1. Warm-up with dumbbell swings 1 set of 8 repetitions
2. Bench press 3 sets of 5 repetitions (very heavy!)
3. Bent-over rowing with barbell 3 sets of 6 or 7 repetitions (as much weight as possible)
4. Squats 1 set of 20 to 30 repetitions
5. Pullovers 1 set of 20-25 repetitions

That program, coupled with the following menu, will cause you to put on weight like a baby dinosaur!

Breakfast —

2 large glasses of milk with supplement added

6-8 eggs (any style)

Ground beef patty or small steak

3 slices of whole wheat toast and butter

Fresh fruit

A liver-iron-B12 vitamin tablet

Mid-morning

Sip two large glasses of whole milk

Lunch

Two or three big sandwiches (hamburgers, tuna fish, chicken, beef, etc.).

Dinner

Two large helpings of steak, chops, etc.

A large tossed fresh vegetable salad

Spaghetti dish or baked potato

Two large glasses of milk with supplement

1 liver-iron-B12 vitamin tablet

Late evening snack

One large glass of whole milk

A thick peanut butter sandwich

Such a diet is intended, I must warn you, **ONLY** for the real skinny, underweight and frail person. If you are not extremely underweight, then such an extreme diet should be avoided; it will only cause fat gains.

By following similar squat programs and diets, some trainees have gained up to 100 pounds of bodyweight. It is hard, hard work, to be sure — but when the results begin to show, you will know that it was well worth the effort!

As you can see, the method of gaining weight is not at all complex. It involves hard work — but on a simple routine. It is a foolproof method, and if followed as outlined, very satisfactory results should appear before two months have elapsed.

Do not skip any of the seven rules for gaining that I gave you. Put some real resolve into your gaining campaign, and give it all you've got. Do this even if you've tried other methods, and if they've failed for you. **This** method has failed for **NOBODY**!

You can gain the weight you want to gain, along with the power you desire. There's no question about it, if you'll train as outlined in this Chapter.

## Chapter 12

### *Losing Weight*

Losing weight is not the most common problem among barbell men. Perhaps this is because any person who is really training hard just automatically burns off excess weight. Yet still, some people do require extra work in the reducing department.

To lose weight effectively, you should rigidly curtail your food intake and reduce the elements in your diet to almost 100 per cent protein. Exercise should be more of the fast, vigorous type that induces and generates great body heat (thus burning off fat) in the body area you wish to reduce.

YOU CANNOT FOLLOW A GENERAL BODYBUILDING SCHEDULE AT THE SAME TIME YOU ARE FOLLOWING A STRICT REDUCING DIET. And don't try it!

The dietary needs of a bodyBUILDER include lots of protein PLUS plenty of carbohydrates to provide workout energy. Without the carbohydrates the training in heavy exercise becomes a threat to good health and well-being. Training "down" to an anatomy-chart physique where extreme definition in all of the muscles is produced, is a favorite pastime of many of the odd numbers in the bodybuilding world. But theirs is not a good example to follow. When your body is well-built it should not be trained down to a super-defined state. I have known too many bodybuilders who damaged their physical health and wrecked their nerves by such idiotic "training."

One other point about losing weight. No truly well-built man has a "skinny" waist. Some small degree of fat on the body (and on the waist) is a **good** thing — and is needed to maintain good health. So, if you happen to be annoyed by the fact that your waistline is all of 35 or 36 inches and your bodyweight is a "mere" 200 pounds, relax! You do NOT need any sort of "reducing" regimen. If you tried to follow one, you would end up by losing a good deal of your power — proof that your "excess" weight is NECESSARY weight!

However, you may be really overweight. If your waistline is 40 inches, and if you stand 5'8" tall, then you do, let's face it, have a weight problem. Cut down drastically in your caloric intake — eat mainly high-protein foods — and combine that diet with the exercises you'll learn in this Chapter. The extra inches will soon vanish.

**DO EAT —**

1. **PLENTY** of fresh, raw vegetables and salads
2. Lots of fresh fruit
3. **Lean**, broiled meats (except pork)
4. Rice instead of potatoes
5. Skimmed, fat-free milk
6. Tea instead of milk, when this is possible
7. Plain soups
8. Poultry and fish

**DO NOT EAT —**

1. Potatoes
2. White bread, rolls, etc.
3. Whole milk
4. Spaghetti or macaroni
5. Fried or fatty meats of any kind
6. Junk foods (potato chips, candy, etc.)
7. Condiments (ketchup, mustard, etc.)

When severely cutting down your food intake to lose weight, it is wise to take a couple of vitamin-mineral tablets each day.

During the first few days of dieting you will feel rotten; and there's no point in denying this. But always keep your mind fixed on the **RESULTS** that are only a few short weeks away. Once you begin to see success, you will find it much easier to continue on your diet schedule.

Your mind is your master! Determine that you are tired of being fat and that nothing will prevent you from losing weight. Do that, and I swear to you that you will see excellent results for your efforts.

Training on the reducing course in this Chapter will aid you greatly in staying with your diet. It will keep your energy high and help your mind to achieve the discipline needed to continue training and dieting.

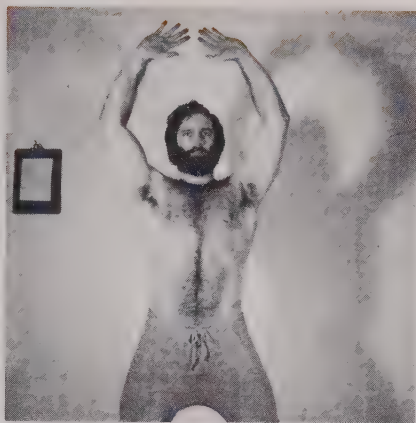
Until your waistline is down to where you want it to be, train **EVERY SINGLE DAY** for 30 minutes on the following program:

1. Jumping Jacks to warmup 1 set of 20-30
2. Sit-ups (no weight resistance — but use an incline board) 3 sets of 50
3. Leg raises (no weight resistance — but use an incline board) 3 sets of 25





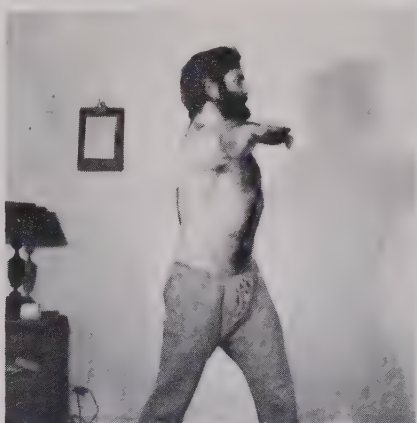
Jumping-Jack exercise. Ready position shown above. Feet are together, body erect.



Jumping-Jack position 2. Spring the legs apart, and swing hands overhead.



Ready position 1 for side-to-side rapid twisting. Keep erect position THROUGHOUT exercise.



Twist — position 2. Get maximum stretch.

4. Standing twists (work very, very rapidly) 1 set of 100
5. Twisting sit-ups (touch elbow to opposite knee — on slant board) 2 sets of 40
6. Hanging "frog kicks" (hanging from a chinning bar, draw knees up to chest, then lower) 2 sets of 25

You should train very fast and try to do every single repetition scheduled — even if this is agonizingly difficult at first. If you will work, then so will the schedule.

The bodybuilder who merely wants to do some extra work on his "abs" for the sake of losing, say an inch or two, ought certainly NOT attempt any schedule similar to the foregoing!

If you are training hard, three times a week on a good, general routine of exercises and you want a little extra for your mid-section, I suggest that you simply do five straight, non-stop minutes of sit-ups, on a steep incline. Don't bother to count out reps. Just keep going until the five minutes are up, or until you drop off the slant board — whichever comes first! This "five-minute sit-up schedule" tacked onto a general routine is, incidentally, the best way to insure a trim, hard mid-section, once your overweight waist has been reduced. In other words, it is a good maintenance schedule.

The main thing is REGULARITY in application when it comes to reducing. A DAILY EFFORT MUST BE MADE, until the waist is brought down to "normal" proportions. Discipline and diet rank next in importance, and with these three elements, you just won't be able to fail!



The twisting sit-up. Done exactly like the regular sit-up except that the body twists to the side after each rep, and the elbow touches the opposite knee. Alternate sides, of course.

→  
The breathing squat has no equal as a bulk and weight-gaining exercise, but many trainees fail to breathe correctly. Above is shown exactly how to breathe, prior to squatting. 1. raise chest HIGH and expand rib box. 2. Let bar ride low on the "traps" (trapezius). 3. Open MOUTH to breathe; do not breathe through the nose! 4. Raise head to get in plenty of air.



## Chapter 13

### *Your Training And Related Activities*

Bodybuilding with barbells and dumbbells is the most intense and severe form of exercise in existence. This is why it produces such outstanding results when it is properly done. But this is also why it is so necessary to carefully **regulate** the amount of work that one engages in.

No beginner in bodybuilding should attempt to couple his workouts with a hard schedule of participation in other sports or activities. With rare and few exceptions, this would only greatly hinder progress. However, there are some individuals who do take up weight-training in order to assist them in performance of a sport with which they are very much involved. In such cases, training must be of a different nature and type than when it is done for bodybuilding purposes only.

This book was not written to be a guide for sports enthusiasts who want to improve their abilities via weight training. This is a **BODYBUILDER'S** book.

However, I did not want to omit guidance for those desiring to know the correct application of weight-training to sports or athletics. Too, I felt that it would be desirable to let every serious bodybuilder know just how much athletic participation — beyond his workouts — was “off limits,” so long as he was primarily interested in building more muscle.

If you are dead-set on a Mister-type body, then your focus of energy and concern **MUST** stay exclusively on bodybuilding. You can do some occasional cycling, jogging, or swimming. And, of course, you can play some games now and then with friends or family. But I am afraid that intense, regular participation in any other rugged activity is not advisable if you are bent upon building a prize-winning body.

You, and only you, can decide just how much muscles and strength mean to you. If, however, they are number one on your list of goals in life (or even number two or three), then from the standpoint of hard physical training, there is room for nothing else in your schedule.

Aim, no matter how intense your desire for muscles, for a well-rounded

life. You can easily devote four or five hours a week to the hardest training imaginable, and still live a full, normal life with regard to marriage, intellectual pursuits, friends and a career. See that you do this.

A rule for those with their eyes on a prize-winning, Mr. America physique is: **NO PARTICIPATION IN ANY OTHER REGULAR, DEMANDING PHYSICAL SPORT.**

### **Training For Sports**

Briefly, because it is only my intention in this volume to **indicate** the right approach, a person who is training for athletic improvement with weights must do the following:

1. Train twice per week with weights, and **never** more than this, since participation in his chosen sport is the **MAIN** thing. It is there that the bulk of his effort must be concentrated.
2. Never curtail actual practice of the sport in question in order to train with weights. In other words, it is better to skip a weight-training session than a practice session, if athletic ability in some sport is the major goal.
3. Restrict every weight-training session to no more than forty-five minutes.
4. Restrict the number of exercises done so that the major muscle groups **DIRECTLY INVOLVED** in the sport are thoroughly exercised. General bodybuilding should be avoided.

In a nutshell, that's "weight-training for athletics."

Let me give you some examples of sport-oriented supplementary weight-training programs:

**For Football:**

1. Squats 5 sets of 5-6 reps
2. Deadlifts 4 sets of 5-6 reps
3. Press off racks 4 sets of 5 reps

This is a brief, heavy program designed to build the large, solid muscles and rugged body power needed in football.

**For Wrestling:**

1. Press behind neck 3 sets of 6 reps
2. Bent-over rowing 3 sets of 8 reps
3. Stiff-leg dead lifts while standing on a bench 2 sets of 15
4. Squats on toes 2 sets of 12-15 reps

Strength and limber flexibility will be the result of following the above routine in conjunction with a wrestling practice schedule. The program also supplements judo training.



For Basketball:

1. Straddle-lift 3 sets of 5 reps
2. Very light, jumping squats 2 sets of 12-15
3. Press 2 sets of 6-8 reps

The foregoing will give the basketball player power **and** spring in his legs, and will impart greater arm and shoulder power which is needed for this game.

You can understand the idea involved from studying those three sample schedules. Boxers, swimmers, karate students, even skiers and mountain climbers(!) can organize efficient, practical programs to help themselves achieve greater success in their chosen activities.

Learn the PRINCIPLES of effective training as set forth in this book and adapt them as you see fit to whatever your needs may be.

There was a time when coaches and athletes feared the "danger" of muscle-boundness (whatever that is!) developing if weights were employed in training. Happily, that idiotic superstition is rapidly vanishing.

#### WEIGHTS CAN IMPROVE ANY MAN AT ANY SPORT

Remember that we cannot travel along two separate paths in life. You can be a physique champion, or you can excel as an outstanding performer in some sport. The decision of which goal to aim for is yours, and yours alone. But know, for the sake of your own sanity, that a **choice** is involved here.

In the next Chapter we will discuss the major and best methods of training on the programs and courses you use. The material bears relevance to everyone who trains with weights.

## Chapter 14

### *The Basic "Set Systems" Of Training*

I discussed earlier in this book the fact that various forms of "split" routines should be avoided. The ultimate results that advanced barbell men who train on this type of schedule get, are, at **best** only as good as the results obtained by those who adhere to the thrice-weekly total-body workouts. And the results are "as good" **ONLY** from an **appearance** standpoint. The body cannot and will not attain peak development in **POWER** and **STRENGTH** when it is subjected to five or six, two to three-hour workouts every week. So split-training puts you in the unenviable position of a sucker. You put in about twice or three times the total training time normally spent by the more sensible bodybuilder, and he ends up by getting **MORE** for doing **LESS**!

The best method for attaining all of the desirable goals that bodybuilding has to offer is to train the body on the kinds of courses and schedules presented in this book. Use total-body workouts only. If you make use of the "formula" for program arrangement that I gave you, you will have no difficulty arranging routines for yourself that produce excellent results.

Whenever a course or routine of exercises is employed it must be adjusted to **whomever** employs it. Obviously, a trainee with eight years steady training, who is building up for an appearance at the coming Mr. America contest will be curling, pressing and squatting with more weight than a fellow with eight **months** experience! Yet, both trainees will be doing the same exercises, more or less.

The amount of resistance (i.e. weight) employed in an exercise is one means of adjusting the severity of a barbell program. The "SET-REP SCHEME", as I call it, is another. And we shall now discuss this aspect of weight-training in more detail.

Beginners ought never to use more than one, single set. And their initial training has got to start off well within their lifting capacity, in order to enable their bodies to **gradually** strengthen and build up. This scheme of

progression also prevents discouragement from setting in, that might otherwise occur from excessive fatigue.

I repeat — ONE SET is enough — until some good, noticeable progress has been made.

### The Standard Set System

Everybody who buys a barbell hears about “sets” — even before he loads up the bar to do his first warm-up exercise! But there are actually several different methods of using “sets” in training, and the one with which most men are familiar is the one we shall discuss first:

When a particular weight is employed for any given exercise, and when another series of repetitions is done (a set) following the completion of a brief rest, after the **first** series of repetitions, this is the Standard Set System — or, at least, what I refer to as the “Standard Set System,” for the purpose of making instruction clear.

You do, say, six repetitions with 95 pounds in the curl. You set the bar down, rest a minute or two, and then do another six repetitions using the exact same weight. Thus, you have done TWO SETS.

Problems arise when trainees get set-happy and begin to think not of the **quality** of each set they do, but merely of the **quantity** that they manage to coerce their poor bodies into squeezing out during the course of any one workout! Many trainees do as many as **eight sets** in each exercise they employ. I might add here that I once worked with a young man who — prior to working with me — employed TWELVE SETS(!) in the bench press. It took some effort, but I finally got him to settle for doing three brutally-hard sets, and letting it go at that! When he finally did, he actually gained quite a bit more than he had anticipated.

Believe me when I tell you that using more than THREE sets is almost always a beautiful waste of time and energy. And, surprised as you may be to hear it, one or two sets can give even a physique champion a very good workout WHEN EACH SET IS WORKED HARD ENOUGH.

The problem is, only about 4 per cent of those who train with weights have any inkling of how hard they must work a set for worthwhile results.

You learn that adequate fiber breakdown is what triggers solid growth, and you ought not to be shocked therefore, when I point out that this “breakdown” can be achieved if a number of reps are “forced” in any given exercise, to the point where the working muscles just cannot budge the bar. Obviously, the muscle fibers have, at such a point, been broken down. This can — theoretically anyway — be done in **every** case, with a single set. **THEORETICALLY**. However, most trainees just are not able, without considerable experience, to really give all they’ve got to any one set. This is **not**, I want to emphasize, “laziness.” It is just that the

trainee's capacity for total, unbreached concentration has not yet been fully developed. Since it is doubtful whether many (or any) trainees can ever reach the state where they can, in point of fact, pour forth 100 per cent of their capabilities in each, single set they do — it is necessary, usually, to do at **LEAST** two sets when advanced, and sometimes as many as three sets. Four and five sets have application only in special instances where an all-out effort is not made on each set. For example: when training to improve oneself at a sport. Or when weight **LIFTING** training is followed. In this latter case, there are "build-up" attempts, until a maximum all-out effort is done.

General body**BUILDING** schedules call for a maximum of three sets on any given exercise, and no more.

Repetitions in the sets done may run from about six or seven to as many as 30 (for example in breathing squats, calf work, or abdominal exercise). When a maximum weight is used for each set, it is simply **OVER**doing it when an attempt to exceed three sets is made. Then, diminishing returns set in, and the trainee, if he overdoes it, is courting failure via overwork.

Only a real, natural Hercules could possibly work more than three sets **properly** — and even he would, at best, break even, for no body can spring back and build up from a "beating" administered by such an "overdose" of sets, in time to benefit for a workout the day after next.

How do you know when a set is being worked hard enough? The last one or two repetitions — **WITH YOUR FULL CONCENTRATION** — must be almost impossible to grind out, and should call for a minor amount of "cheating." **That's** how you know when you're really working out hard. Not too many men ever work that hard. Those who do, however, reach the top.

The Standard Set System then, is a very productive and valuable method of set training, if you use it correctly. If you foolishly **OVER**do it, though, you will be defeating yourself. Never do more than three very intense, hard sets of any one, given exercise so long as bodybuilding is the goal you are training for.

A good barbell or barbell-dumbbell routine will consist of between six and nine exercises. If these are hard, basic movements, then 27 sets (three sets of each exercise, in a nine-exercise course) could easily be way too much work. Before you change a routine to include another set here and there to "speed up" progress, give serious thought to **ADDING WEIGHT** and increasing **INTENSITY OF EFFORT** instead; rather than doing more, work **harder**. Perhaps even do "less" in the amount, and



train on fewer but **HEAVIER** exercises. See what happens. More likely than not, you will see results that will pleasantly surprise you!

### The Light-Moderate-Heavy Set System

This type of training was used by John C. Grimek. Since it is sheer folly to argue with such a magnificent success as Grimek, I don't believe that anyone will question the **value** of training on this particular type of set-system.

The method of employing this kind of set-rep scheme is exactly what the name implies. You do a light, warm-up set. Then you do a moderately heavy set; and you finish off by doing a third heavy set.

Usually the repetitions are most effectively arranged like this:

1st set .....	10-12 repetitions .....	light weight
2nd set .....	7 or 8 repetitions .....	moderate weight
3rd set .....	3 or 4 repetitions .....	heavy weight

The final set must be agonizingly **HARD**. Grimek, I would like to point out, **occasionally** did a fourth set of 3 or 4 reps with a heavy weight — but undoubtedly, this is too much for most trainees if they are really training severely.

Do your final set with a weight that you have serious doubts about your ability to lift. If you make a constant effort to train like that, your workouts will be very productive of size and strength gains.

I would say that the light-moderate-heavy set system is the most enjoyable to train on, because it permits you to go into your maximum strength output gradually.

I heartily recommend this type of training if you are ever forced to do your exercising in the early morning, before the body is fully “warmed-up” and in high gear. It would be the safest and most comfortable way to get a good workout under those conditions.

### The Heavy and Light System

For very ambitious fellows, the heavy and light system is very good. However, the general theory behind it is not sound as far as every individual's temperament and physique is concerned.

The theory goes like this: While you've got lots of energy it's easier to really exert yourself and lift a heavy weight; but once you've fully exerted yourself on a hard set, you can't do justice — poundage wise — to a second set.

I know for a fact that this theory does **NOT** bear application to **me**. I train best on the Standard Set or the Light-Moderate-Heavy set systems. I have found the Heavy and Light theory inapplicable to others, too. Yet, I

have also known a few people who did indeed seem to thrive on the heavy and light scheme of training. It's all up to the individual.

Usually, in the heavy and light system, two sets are employed. The trainee does about eight repetitions with an absolute **LIMIT** poundage (and I mean **limit** poundage!) straight-off, with no warm-up. He must use a weight that is so heavy that a second set of eight repetitions with this resistance would actually be impossible to do. Then the trainee removes some weight from the bar and does another set — this time for only six or seven repetitions. The six or seven repetitions will, this time, also be a "limit" weight, since the trainee will be "pooped" from set number one.

On some occasions, and by some trainees, three sets are employed in the heavy and light method. When this is the case, then the **exact opposite** of the light-moderate-heavy mode of set-rep arrangement is used.

For example —

1st set .....	3 or 4 repetitions .....	Heavy
2nd set .....	7 or 8 repetitions .....	Moderate
3rd set .....	10-12 repetitions .....	Light

This method of training (i.e. with three, instead of two sets) has shown itself to be more productive of "pump" of the two methods used — two or three-set training.

Perhaps the very best way for any barbell man to determine which method of training he will use in his routines is for him to "sample" each one. You can effectively do this by trying the Standard Set System for, say, two months. Then, take a week's break from training, and try the Light-Moderate-Heavy method. After two months on this, rest a week, then try either the two-set or three-set Heavy and Light method. Judge the results that you get from each particular mode of training. You are unique, and you should decide for yourself — not according to what works for one person or for Mr. America.

The methods of training on your basic exercises and courses given you in this Chapter are not "fadish" or dreamed-up by the author. They are **THE METHODS THAT HAVE BEEN BUILDING THE GREATEST PHYSIQUES IN THE WORLD, SINCE WEIGHTS WERE INVENTED!** These methods will build you, too. Have confidence in them — for when you employ these methods you are following the same training that the Champions use!

## Chapter 15

### *The Wind-Up*

We have come a long way together, you and I. We have seen how weight-training works, how muscular development is best encouraged, the role that mental discipline plays in physical training, the importance of nutrition and the best exercises.

You have complete courses of training at your disposal, and you understand how they can be used effectively in beginning or advanced workouts. If you are an athlete you know how to employ weights to help you in your chosen sport.

If you are wise, you will not put this book away on a shelf after one reading. Instead, you will return to it from time to time, as you train, to look again at the illustrations of proper exercise performance, to re-read items of information that you may now find immediately applicable to some present training difficulty. This book was intended to be complete, and I think that you will find that it is, as you train and progress and employ the knowledge contained in these pages.

Only time will ultimately tell how far you will go in the wonderful Iron Game. However, it is my true and sincere wish that you will strive to go as far as your potential permits — and that you will succeed beyond any dreams of accomplishment you may now have.

Aim to be all that you can be. Carry the hard lessons of self-conquest and discipline that you learn in your training into every facet of your life. Keep progressing and growing and striving. After all, that's what life is all about.

Don't quit. Don't let discouragement get the better of you. Others have made it; **you** can and **will**, too.

Persistence is the watchword. No matter what, keep at your training. The **only** "failures" in this business are the quitters — and with a little determination you can see to it that you never quit.

We will more than likely never meet personally. However, I hope that

our meeting in these pages has accomplished its purpose. For me, it has been a pleasure. If you win the Mr. America title someday, I'll jump almost as high as you do! But whatever your goals, I want you to make it.

I am all for you.

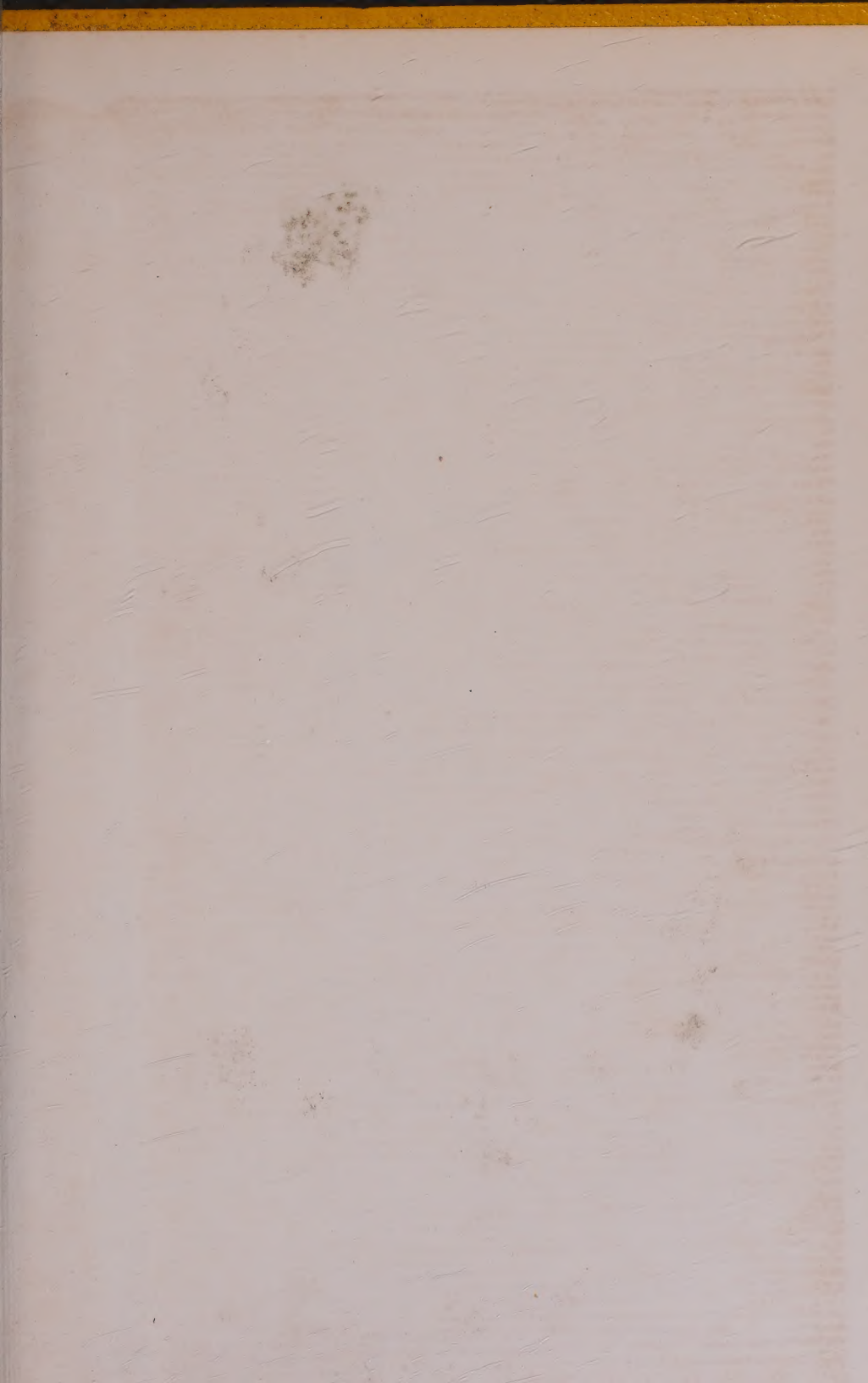
May every training problem you encounter be small, and may all of your muscles continue to grow.

God Bless You, and GOOD LUCK!













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